

**THE IMPACT**  
**of Eastern Philosophy and**  
**Idolatry Doctrines**  
**on Contemporary Training and**  
**Recovery Programs**

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*In the Name of Allah, The Most  
Compassionate, The Most Merciful.*

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# INTRODUCTION



All praise is due to Allah Who sent His Messenger with guidance and the religion of truth to manifest it over all others, even to the dismay of the polytheists. And may Allah's peace and blessings be upon the master of the early and late generations, Muhammad ibn 'Abdullah, his household, his Companions, and those who follow them with righteousness until the Day of Judgment.

To proceed,

A keen observer of the contemporary ideological landscape finds it replete with Eastern spiritual and philosophical beliefs and principles. Relentless endeavor was dedicated to them in a modern fashion compatible with today's culture, the new lifestyles, and the global advocacy of cultural openness and not only human fraternity but also cosmic fraternity.

Perhaps the most prominent means that propagate such philosophical principles and religious beliefs are related to training and recovery methods because they meet people's daily needs and are in harmony with their expectations of achieving success, distinction, health, and happiness, especially when people's daily lives have been affected by the materially-dominated Western life style which is void of spirituality.

Furthermore, the revolution of modern communications contributed to the dissemination of such philosophies through its novel practical frames and promoting them as pragmatic means to success and happy life. In addition, circulating endless rumors about wars, catastrophes, and pandemics among others has heightened feelings of fear and worry for most people, which drove them to accept what they believe would secure their needs before ensuring its authenticity.

It is precisely this point that demonstrates the importance of this study that tracks down the Eastern philosophy and idolatry doctrines common among ordinary people in today's world. A lot of Muslims practice them though enticed by the allure of their training or remedial appearance. They are influenced by the propaganda of their marketers, who promise a better life full of health, happiness, and success.

### Research plan:

This research studies the impact of the Eastern philosophy and its idolatry doctrines, propagated around the world including the Muslim one, under the guise of modern training and recovery programs. It also unveils the reality of the most prominent of those programs and their respective marketing names. The nature of this subject demands three chapters, an introduction, and a conclusion as follows:

The introduction includes the plan and importance of the research.

- the permeation of Eastern philosophy in daily life.
- the most prominent principles and beliefs of Eastern philosophy.
- philosophically-based training and recovery programs.

### Conclusion:

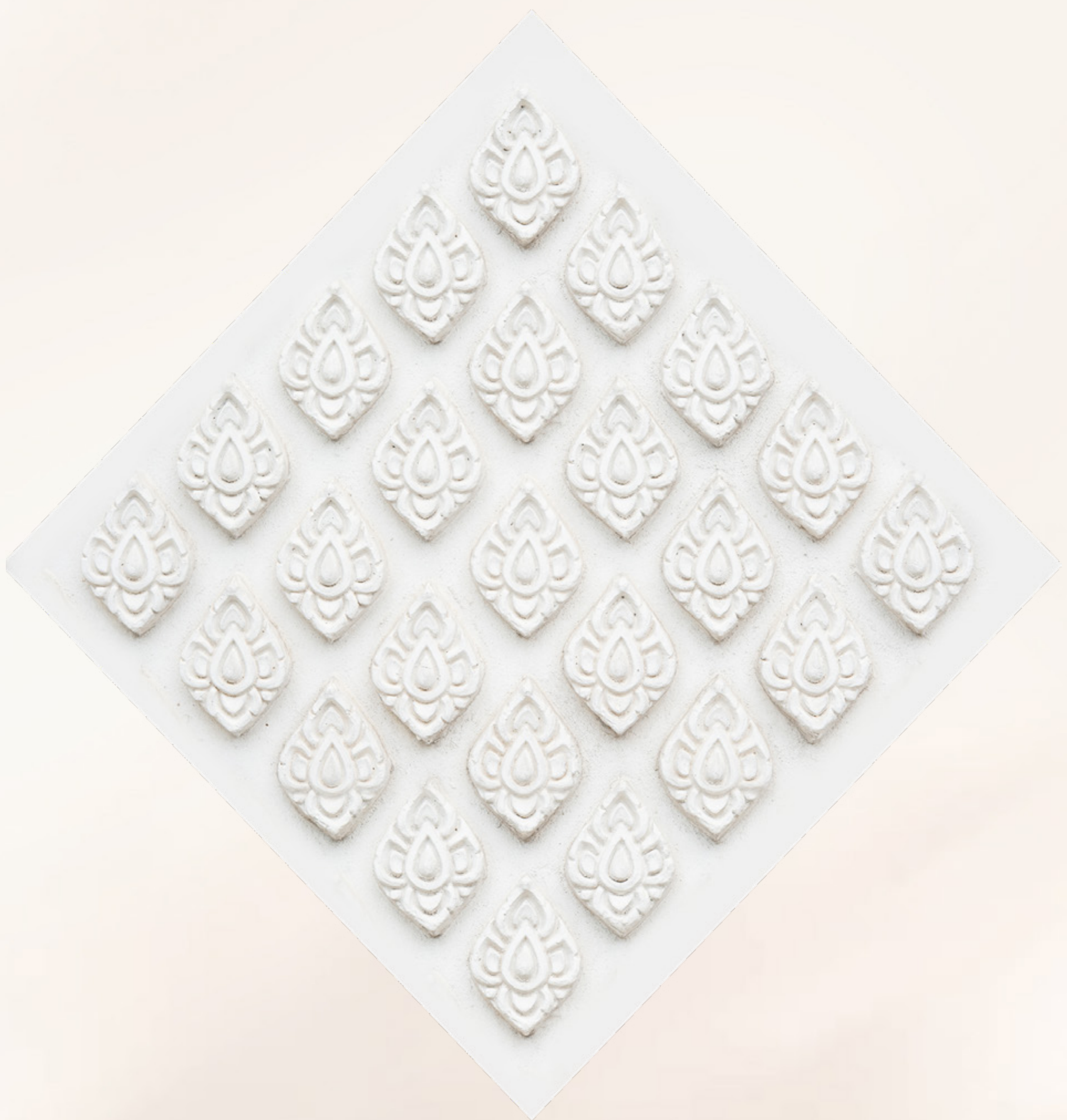
a summary and recommendations of the research.

Given the nature and goals of the subject, this research follows the inductive research methodology as well as the conventions of citations and references.

Because such a study requires proper concentration on the topic of study, I have limited myself to the restrictions of the title while avoiding my burning desire to present the truth and guidance on the issue. However, my only consolation is that the truth is plain and it has been the focus of many scholarly works. Still, there is a persistent need to expose this falsehood which is falsely shown as the truth.

I strove to simplify the Eastern philosophical concepts and expose their reality in light of the Islamic context, while matching them with their equivalent contemporary names and terms found in modern training and recovery programs. The goal is to make this study a reference point guiding those who are interested in such programs. It should also help researchers, scholars, and preachers to enable

them to assess them properly and carry out the obligation of enjoining good and forbidding evil regarding them so that people's religion would remain intact and they could lead a better life in accordance with the methodology pleasing to Allah. I invoke Allah by His beautiful names and sublime attributes to substantiate the truth and eradicate falsehood for He is the One to be sought for help and to rely upon.



# FIRST CHAPTER:

## The permeation of Eastern philosophy in daily life



Like all philosophies, Eastern philosophy is considered a replacement for religion by its adopters, who draw from it their concept of existence, cosmos, and life. They rely on its concepts to decode the secrets of the unseen, and it offers them answers to the major existential questions: Who am I? How did I come to existence? What is the purpose of my existence? What is my relationship with this cosmos? Where is the ultimate destination? Undoubtedly, certainty and truth cannot be reached via such perception, concepts, or the answers inspired by the human reason attempts to overstep its boundaries, while dispensing with the guidance of the divine revelation. Reason can only reach the borders of the truth concerning the unseen. On the other hand, only through revelation does sound reason become acquainted with monotheism, prophethood, the beginning of creation, judgment, and the ultimate destination. Had reason been solely capable of knowing them, Allah would not have sent the messengers, nor revealed the scriptures, but would have committed people to the argument of reason. *Allah Almighty said: {[We sent] messengers as bringers of good tidings and warners so that mankind will have no argument against Allah after the messengers. And Allah is All-Mighty, All- Wise.}* [Surat an-Nisā':165]<sup>1</sup>

The danger of Eastern philosophy transcends its disordered intellectual production and distorted conceptions about the truths of the unseen whose influence is almost concentrated on philosophers and scholars such as the Greek philosophy. It preoccupied the attention of scholars and philosophers; deliberating and debating its concepts and theories though it was not the only source of their beliefs, concepts, nor the measure for their daily lives. Eastern philosophy, on the other hand, is blended with the Easterners' daily lives. Therefore, we find the majority of Taoists, Hindus, and Buddhists apply the principles of their philosophies in all aspects of their lives in the form of rituals, applications, and practices without caring for the rationale behind it.

### Spread of Eastern philosophy in the modern era:

The recent intellectual openness on the East has left a visible impact on the circulation of Eastern philosophies and principles with their package of idolatry doctrines that manifest themselves in the daily rituals and practices. Westerners were the first to be influenced by Eastern philosophy. They were dazzled by the spirituality of the East and the integration between its philosophy and life. This coincided with the Westerners' struggle between the remnants of their distorted religion and the ancient philosophy. They were carrying the wastes of the infamous struggle between religion and science, which they suffered from for ages.



Only then has Eastern philosophy found countless numbers of Westerners eager to embrace it, the thing that contributed to accepting and welcoming spiritual guides from India and Tibet who engaged in a missionary endeavor calling people to their Eastern religions through their various spiritual applications. This culminated in creating many groups in Western society who share a positive attitude towards Eastern spiritual practices. During the sixties of the past century, some organized spiritual movements emerged, the most prominent of which was the Human Potential Movement. It featured an assembly



of philosophers and specialized Western scholars brought together under the claim that the human has potential and extraordinary powers transcending known human nature. Accordingly, one must liberate and exhibit them. Those powers are known to the Easterners who developed them through their various rituals. One of the main goals of that movement was studying those powers and reproducing them in a manner consistent with the nature of the

modern era and the requirements of people's daily life. Furthermore, the movement ensured projecting religious neutrality, claiming the compatibility of the practices it designs and advocates with all the various religions and doctrines, and by no means are they limited to Eastern religions and philosophies although they are taken from them. As a consequence, "Human Potential Development" programs emerged as an applied product of the Human Potential Movement. They are meant to empower people to discover, liberate, and acquire maximum benefit of their potential powers through special spiritual training. The trainers and promoters of the movement gave out promises of a happy life that takes full advantage of one's talents and faculties while dispensing with any external source. For the western scholarly circles who track the circulation of that movement programs, it became clear that the advocates and followers of this movement fell under the influence of eastern religions without giving second thoughts to the veracity of those programs and results or even their scientific validity[2] (1)

Notably, the strong current advocating the return of spirituality in the West has played a prominent role in welcoming this movement and its programs. Therefore, many centers and institutes were founded to advocate the same cause, namely searching for the secrets of the potential powers possessed by the eastern spiritualists and attempting to understand and reformulate them in applicable frames for people of various religions. One of the most active of those centers is Esalen Institute <sup>2</sup> ,

considered to be the principal incubator of Eastern spiritual thought and a research center for reconciling between the philosophies of the East and (Western) Humanistic psychology. It is also the site for studying the Eastern rituals and practices, discovering their secrets, and circulating them among people <sup>3</sup>.

Inside the Esalen Institute, a new spiritual movement was born called the New Age Movement. It is specialized in circulating the spiritually philosophical thought and marketing various spiritual applications and practices for the public through offering training and recovery programs, which, according to their belief, mark the dawn of a new age where one can discover his great powers so that one becomes his own god and in no need of the God reported in divine revelations <sup>4</sup>.



The New Age Movement designed many training and recovery programs drawn from the beliefs and rituals of Eastern religions. They were publicized under the name of "*Human Potential Development*" or "*Personal Development*". Their programs have outclassed all their predecessors with regard to quantity, quality, and marketing. They spread widely first in America and later in Europe, then swept across the Arab and Islamic worlds, especially after Muslim trainers adopted them and attempted to marginalize their underlying philosophy or make them consistent with the Islamic concepts.

It is obvious how attractive the name of "*Human Potential Development*" is. It generally indicates the development of skills and personality traits, which is an urgent civilizational goal pursued by most people from all religions and orientations to achieve success. In addition, it resembles the name of "*Human Resources Development*", which is the center of international and civilizational attention at both national and institutional levels. It is an umbrella term through which many managerial programs are offered such as planning, goal design, and time management, besides other social courses such as raising children and the art of family relationships. Other courses are related to [individual] skills such as the art of dialog, communication and elocution skills, and language and computer skills. Even more, they offer programs covering psychological aspects such as motivation, release of work-related stress, and other useful skills necessary for an inclusive and sustainable development.

This resemblance between the two names has significantly contributed to the mixture of human potential development programs and those of human resources development for many interested individuals and groups despite the fact that there is an essential difference between the two. On the one hand, the programs of human resources development are the product of the Western civilization invested interest in reason, time, and science. On the other hand, human potential development programs are the product of Western schools influenced by Eastern philosophy that perceives the human as a spiritual being imprisoned in a body crippling most of his powers and capabilities. Only through spiritual training that his powers are discharged and he becomes the perfect transcendental being.

### Spread of training and recovery programs in the modern era:

In the modern era, training has become an important civilizational and economic industry mandated by general developmental plans. It is a popular world trade given the increasing demand for its programs that are compensating for the retreat of the role of primary institutional training represented in the family and the school. There are many reasons for this retreat such as the openness of communication and information, the contemporary living conditions that constricted much of the time available for education by the family and the interaction with teachers and the curricula at school.

Furthermore, the programs of alternative medicine and recovery and their various applications have increased widely and became a resort for people fearful for their health, especially with the spread of pandemics and the wastes of natural disasters, and those who wish to give up traditional chemical medicine because of the errors of physicians, the pharmaceutical trade, and the dangerous side effects of chemical medicine.

In this light, training and recovery programs have secured an integral role in the requirements of modern life. A spree of official and unofficial training centers ensued so widely that it is difficult sometimes to discern between programs of human resources development and those injected with esoteric and philosophical thought. The titles of those programs are often ambiguous and unrevealing of their reality such as the human energy programs, self-development courses, human engineering courses, neuro-linguistic programming courses, mind strategies, and color energy courses, etc.

Likewise, Eastern methods of recovery are circulated in nutrition centers, health clubs, and alternative medicine centers. Authorized as well as unauthorized alternative medicine clinics have spread. It has become increasingly chaotic in recovery and developmental training programs, which culminated in the infiltration of various types of foreign philosophical applications that lack any pathological foundation and are stripped off any genuine connection with medicine. They are essentially

no more than philosophical beliefs and idolatry rituals mixed with few workouts or medicine and food. Eventually, they have become misconstrued for the truth. This allowed the spread of falsehood and polytheistic practices among people. Unfortunately, some official health institutions and scientific medical associations have endorsed some of those practices because they inspire hope for those with chronic ailments.

The association between those programs and the principles of Indian and Chinese medicine [6] (1) and Eastern martial arts - which gained



widespread fame given its ancient history and interest in spiritualities - has advanced their international popularity. Those programs have enthralled the Westerners to adopt them in their daily lifestyle as they pay considerable attention to spiritual and mental aspects, especially that Westerners have grown weary of the long-standing dryness of materialism.

Also, the power of advertisement and effective marketing has contributed to the fame of those programs and painted them as a new and modern lifestyle available for all people, regardless of their culture or religion, and a means to a new happy life capable of releasing life stress, the accumulations of old means of education, and the influence of divine doctrines.

On a side note, the late philosophical spiritualities appeared largely in the West and were reoriented in various formats such as human potential development training courses, therapy prescriptions, dietary systems, and athletic programs offered in centers of alternative medicine. I should note, however, that philosophical spiritualities have also been circulated through printed books, movies, and digital audios, which aided in extending the influence of that thought and its supporting philosophy around the world. Many practitioners of those programs exhausted all of their various levels driven by their hunt to achieve the promised transformation and secure inner peace, happiness, health, and success among many of the widely advertised promises.

The following chapter identifies the most prominent training and recovery programs that migrated to the Islamic world from the East through the West. They are infused with the Eastern philosophy and various idolatry doctrines though disguised in a new fashion and modern frames.



They are backed by pseudo-scientific theories and arguments and garnished by many Islamic texts and religious concepts that are genuinely incongruent with those philosophies, only to engage in yet another attempt to conjure up a connection between philosophy and religion.



## SECOND CHAPTER:

The most prominent principles and beliefs of Eastern philosophy



Eastern philosophy is centered on a distorted conception of the existence, cosmos, life, and human. Its basic idea about the beginning and end of the cosmos is faulty because it is the product of a rational and intuitional venture to discover the unseen, the knowledge of which could be reached through the divine revelation alone. In the following, I shall provide a brief overview of the main principles and doctrines constituting that philosophy:

**First:** believing that the origin of existence is a *“One Holistic Being”* while the rest of the cosmos is nothing but a manifestation of him.

This doctrine is called the “doctrine of unity”. Some researchers mistakethink that it foris part of the monotheism creed, which people acquire through their sound innate disposition. In the Islamic context, there is a similar version of the *“SupremeOne Holistic Being”* doctrine whose manifestation is the cosmos; namely the non-Islamic doctrine called “Pantheism”. It is remotely distantextremely far from the essence of monotheism, which is considered to be the right of Allah upon His servants.

That *“One Holistic Being”*<sup>5</sup> in Eastern philosophy is the origin of everything and to him everything shall return. He is neither seen nor does he have a form, a beginning, or an end.

The name of this *“SupremeOne Holistic Being”* differs across various philosophies, languages, and religions. It is called *“Tao”* in Chinese philosophies, *“Brahman”* in Hinduism, *“Buddha”* or *“Ātman”* in Buddhism, *“Mana”* in idolatry Western beliefs, the *“Active Intellect”* in Greek philosophy, the *“Highest Light”* in Manichaeism, *“KA”* in pharaonic belief, and *“Him”* when Sufis refer to God (by the third person).<sup>6</sup>

Every part of the cosmos, according to Eastern philosophy, has emanated from the Supreme Being and all beings are not but his manifestations and seek their existence, power, and spirituality from him. This is called *Ishrāq* (illumination), *Fayd* (emanation), *Tajalli* (manifestation), or *Inqisām* (division).

In Chinese philosophy, whose terminologies form the basis of most of the foreign programs under study, the cosmos began by the emanation of simultaneously harmonious and inharmonious dual particles from the Tao called Yin and yang.

The first pair to emanate was a *“disembodied being”* called Chi, representing the absolute power and energy; and another *“embodied being”* that formed the sun and the moon. The latter has various names depending on the various applications of that philosophy from one program to another; sometimes it is called *“Ki”*, *“Chi-Qi”*, or *“Prana”*.

Then the sun and moon gave rise to abundant inharmonious pairs that formed all embodied beings including man. The most superior of (embodied) pairs are the sun and the moon,

followed by the planets and stars. According to this doctrine, planets and stars impose a powerful influence on the features, types, and future of all inferior embodied beings including the human being.

As for the disembodied being (Chi energy), its features are the closest to those of the One Holistic Being because its characteristics are unchangeable; he cannot be seen, nor does he have a shape or borders. It, therefore, merited majestic and great unique characteristics. One of them is flowing in embodied beings to endow them with the power of life, health, spirituality, love, and happiness. In this respect, the human is not different from any of the embodied beings as he needs it to draw life, power, and love among others. For this reason, the human is born with a special device that enables him to boost his acquisition of any of them depending on how much practice and rituals he observes to facilitate its flow in his body. In return, it grants him the energy to animate life and unleashes his stored energies and powers. The more he acquires thereof, the more he progresses and draws closer to the One Holistic Being. <sup>7</sup>

In sum, Chi, in its various names, is the origin of Eastern philosophy as well as a principle in the training and recovery programs derived therefrom. The author of *Asrār al-Tāqah* stated: *“When you become aware that you are part of all existences, you will feel yourself inseparable from the unity of the cosmos and from your embodied potential energy drawn from the energy of the creator. In this regard, let me*

*reiterate the words of Al-Hallāj:*

*His spirit is my spirit and my spirit is his spirit, I will whenever he wills and he wills whenever I will.*

*At his point, one becomes the seer and the seen, the reader and what is read, the face and the mirror, and a representation of the most sublime lyrics in the book of songs (the complete circle). The worshiper and the worshiped are one and the same, just as the seeker and the one sought are one and the same.”<sup>8</sup>*

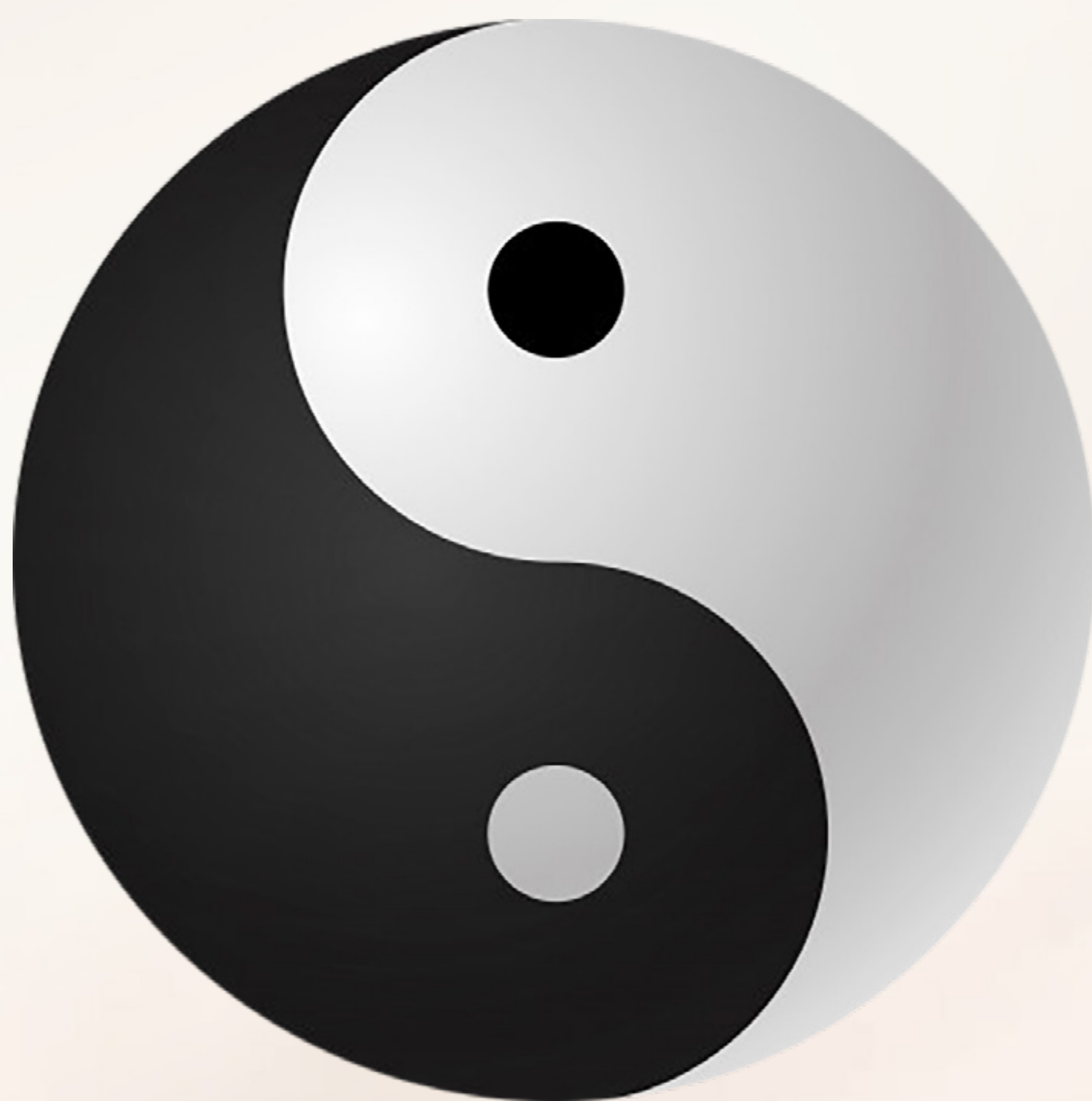
**Second:** Belief in the powers of Yin/Yang and the necessity of harmony and balance between them:

The Taoist philosophy of Yin/Yang is a very deep-rooted philosophy in Eastern religions because it accounts for the early existence and embodiment of creation. To gain salvation and return to the unity [with god], one must understand and apply its practical requirements in daily life.

According to this philosophy, the whole cosmos, including the creation, came into existence by virtue of emanating from the One Holistic Being in the form of harmonious and inharmonious pairs called Yin/Yang, wherein Yin represents the moon, femininity, stillness, coldness, and positivity. Yang, on the other hand, represents the sun, masculinity, motion, heat, and negativity. The applications of this philosophy encourage exerting efforts to strike a balance between those two powers and create harmony between those opposites;

the positive and the negative, the man and the woman, so as to fuse them into one harmonious being.<sup>9</sup>

In light of this philosophy, the pair Yin/Yang is omnipresent and always transformable. In other words, what is Yin in a given time may become Yang at a different time, depending on the circumstances determined by the motion of the moon, the sun, the planets, and the power of the five elements (wood, fire, earth, metal, and water) that represent an integrated circle where each element is automatically creating one and eradicating another; all of which is governed by the laws of cosmic force to strike a permanent balance in nature.



As for the human, he must strive to balance between the powers of Yin and those of Yang to secure a perfect self-harmony with the One Holistic Being and eventually obtain salvation infused with health, power, happiness, and wisdom.

A study of those foreign training and recovery programs, which owe their origin to that philosophy and its various theories that call for change, health, and success, has shown that most of its exercises and instructions are no more than daily applications of the aforementioned philosophy to help the human achieve integration between his embodied existence and the surrounding disembodied powers, in hope of reaching the required harmony by uniting with the One Holistic Being and everything returns to being one again. The means to do so is to practice energy exercises such as chi gung, tai chi chüan, and Yoga. Other means include following a specific diet reliant on the metaphysical aspects of food (i.e. Yin/Yang) such as the Macrobiotic diet. Following this philosophy, Yin and Yang are metaphysical powers whose secrets are known to the early Chinese sages, their students, and their close ones. In this age of modern communications and openness, those secrets and applications disseminated among people with the belief that they are vital programs related to health, success, and distinction. They are drawn from the Eastern natural sciences about the cosmos, astronomy, physics, and nutrition among others. In spite of this, experts must be consulted with regard to the secrets of energy and the seasonal and quarterly transformations of the Yin/Yang because it is critical for the achievement of the desirable results.<sup>10</sup>

### Third: Belief in the five elements and their cosmic influence:

One of the important principles constituting most of the modern training and recovery programs is the belief in the five elements and their cosmic influence. It is derived from the Eastern philosophies of Taoism and Buddhism and is considered a supplement for the philosophies of the cosmic energy of Chi and Yin/Yang.

It should be noted, however, that the doctrine of the five elements is complex, difficult to grasp, and packed with secrets just like any other philosophical doctrine<sup>11</sup> so we shall explain it in crude terms. In sum, the five elements are: water, wood, fire, earth, and metal. They are deemed the constitutive components of all beings and they were created by the transformations of the Yin/Yang and their multifaceted influence on the cosmos.<sup>12</sup> The Chinese philosophy shows that the powers of Yin/Yang interacted with one another and gave rise to the five elements, which became later engrossed in an everlasting interaction and a relationship of simultaneous eradication and creation that, in return, brought all creation to existence in accordance with the circumstances, time, and space. The interaction of those constitutive five elements remains in a continuous state contingent on the cyclic motion of the planets and stars in order to impact the creation with regard to their survival or death, health or sickness among other forms of change. Therefore, endeavor to strike a balance between these elements



was a must to ensure a long and healthy life full of permanent happiness.

The rationale behind the daily application of the five-elements philosophy is that each element has a corresponding part of the body, and color, direction, figure, and stone among others. Therefore, those secrets must be attended to in life to ensure a steady balance and avoid disturbing the required cosmic harmony that influences health, peace, happiness, etc.

In the modern literature and programs of training and recovery, the five-elements philosophy is explained along with its consistencies and how to accommodate it in daily life activities such as food type, breathing method, and incorporating the underlying secrets of directions, colors, figures, and their hidden powers in the organization and design of houses. This philosophy is also related to the diagnosis of diseases and prescribing the treatment.<sup>13</sup> Understanding the secrets of the five-elements transformations is also connected to fostering spiritualities and supernatural powers such as predicting the future and its events and moments of sadness and happiness.<sup>14</sup>

#### Fourth: the doctrine of the etheric body:

The etheric body is a crucial principle in Eastern philosophy. Briefly put, it is to believe that every embodied being has seven bodies, beginning with the physical and tangible body, followed by the etheric (i.e. disembodied) body that emanated from the One Holistic Being.

This etheric body and all of its energies and capabilities are imprisoned in the physical body. It is the most important of bodies as it has a fully-integrated energy device receiving the cosmic energy and transferring it to the remaining seven bodies to not only grant it happiness, health, and wisdom but also to foster the sixth sense that endows supernatural powers of influence and knowledge on its possessor. The remaining bodies are: the emotional, the reasonable, the cosmic, the sacred, which prevails the human once achieving spiritual ecstasy created by unity with the One Holistic Being - according to their belief - and eventually the causal body. This last one belongs to the sages and the enlightened who live in the eternal happiness of the Nirvana.<sup>15</sup> It reaches perfection after the annihilation of the physical body through killing off its desires or by death.<sup>16</sup>

The etheric body, as perceived by Eastern Philosophy, exists with every human being since his birth and remains inseparably connected with him through a silver thread that one would be able to see were he to undertake the experience of transcending his physical body and move away with his etheric body while still connected through that thread, which remains unbroken until one dies.

Eastern philosophy values the etheric body because it empowers the human being to sync in perfect harmony with the cosmic energy, as it has a fully-integrated device for drawing the cosmic energy and transferring it throughout man's various bodies.

This energy device consists of central outlets called Chakras<sup>17</sup> to connect it with the cosmic energy. Each Chakra resembles the meeting point of a spiral-shaped energy funnel that connects the etheric body with the physical one. Chakras are the focal points of the energy of life for every human. They serve as a passage for the cosmic energy to reach the body and are access points for the entrance and exist of the other seven bodies. Chakras are connected with divergent channels called "*Nadis*" or "*Meridians*" that form the energy device responsible for the life, health, and happiness of the human.

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According to Eastern Philosophy, each Chakra has a particularly masculine or feminine name. It has its own ability, power, energy, and a specific god. It prefers a specific color affecting its effectiveness. The energy of each Chakra manifests in one type of gemstone whose possession grants access to its features, and that energy can be provoked by a special kind of fragrance. One of the most effective secrets of activating the Chakras is special mantras<sup>18</sup>, representing the secret key to unlocking the Charkras' unlimited energy<sup>19</sup> and considered to be a powerful tool to secure supernatural power and influential cosmic energy. Maryam

Nūr, one of the first trainers of the applications of the foreign recovery programs in the Arab and Islamic worlds, defines the mantra saying: *"It is just a single word to be repeated copiously so as to reorient all the mind power towards it, at which point the word serves as a lens converging all your mind power to make you strong and influential enough to innovate miracles just by deliberate thinking... If you perfect the mantra, you become capable of ordering a tree to die and it would die. You also become capable of ordering someone to recover and he would recover from his illness. Likewise, you can order someone to be sick and he would be sick."*<sup>20</sup>

The number of Chakras is an issue of mild disagreement in Eastern religions; somewhere between five, seven, or nine, all of which are lined up vertically on a channel called Kundalini, stretching from the top of the head until the end of the spinal column in the etheric body corresponding to the spinal column in the physical body. Most of the foreign training and recovery programs rely on seven Chakras following the Buddhist tradition. As for the meridians, they are spread throughout the whole body and in a coincident match with the neural lines in the physical body. They have a group of focal points that activate and release energy throughout the body.<sup>21</sup>

In their explanation of the etheric body and its Chakras, the training and recovery programs based on this philosophy maintain that it is a metaphysical device related to the spirit world, which is the individual's source for receiving the cosmic energy known for its great spiritual

and therapeutic features identified anciently by the Indian and Chinese medicine. There are special exercises and chants used in training for opening the Chakras and activating their surrounding space and the divergent channels on the physical body. The aim is to empower the trainees to secure the maximum power of the energy to develop the self, abilities, and the ecstatic feeling of spiritualities through achieving full harmony with the cosmos.

According to that philosophy and its applications, the gains of those exercises for the energy device are likely to transcend mere health, tranquility, and peace to achieving remarkable success and possessing supernatural powers like recovery others by touch, resistance to temporal incidents such as cold and heat, and even reaching the master level (i.e. energy man) who is capable of reading people's minds and controlling objects, people, and incidents merely by thinking, looking, or speaking. These supernatural and miraculous powers are boosted by observing various practices in self-hypnosis and accessing the domain of alternating consciousness.<sup>22</sup> Moreover, this energy has other important functions for every ordinary person seeking a calm life and good health. It secures a balance of health, recovery from incurable ailments, and psychological stability. It is the cause of mental activity, vitality, spirituality, and self-confidence. Energy-based therapy is therefore promoted as an integrative therapy that caters to the body, the soul, the spirit, and the mind simultaneously.<sup>23</sup>

For this reason, trainees in the training and

recovery programs are trained on what is called “techniques” that enable them to benefit from their energy devices and open the windows of Chakras to secure larger amounts of life energy or unite with it, at which point one achieves the much-desirable goal of saving oneself from the hardships, diseases, and miseries of life and gains access to the Nirvana, the abode of health, happiness, and wisdom.<sup>24</sup>

Those training techniques include special chants (mantras) and particular postures drawn from popular rituals, acts of worship, and spiritual exercises in the various Eastern religions. For the latter, they are observed for salvation from reincarnation and for acquiring supernatural power to influence, heal, and secure wisdom and the power to heal oneself or others by mere touch. Muslim trainers, on the other hand, focus on the aspects of acquiring the power of influence, healing, and happiness and attempt to link them with [Islamic] religious concepts.<sup>25</sup>

**Fifth: Belief that the ultimate purpose of life is liberation from the body and the mind:**

This state of liberation is called Nirvana. In Eastern religions, this is the ultimate goal of Buddhists, Hindus, and Taoists through their meditations and spiritual exercises. Nirvana liberates the individual from the desires of the body, thus losing the feeling of pleasure and pain and becoming indifferent to the body's needs and lusts. It also liberates from the influence of the conscious mind that decides fear and happiness, the possible and the

impossible. Eventually, one lives the ecstasy of salvation (i.e. Nirvana), which is Paradise for them, noting the vast difference between the two.

Acquiring Nirvana, in light of Eastern philosophy, is by virtue of a long commitment to spiritual exercises such as Yoga, meditation, breathing, and abandoning bodily desires such as sleep and craving food, clothes, and marriage. Reaching Nirvana is a crucial step in the path to complete unity with the One Holistic Being, by which the human discovers himself, unravels wisdom, lives the absent truth, and unleashes his potential power.<sup>26</sup> This state and its means have drawn great attention in the West because it is considered a safe substitute for experiencing “alternating consciousness” without having to resort to drug addiction or alcohols consumption that have proven to be harmful.

Reaching Nirvana, according to Eastern doctrines, grants one sublimity, spirituality, wisdom, enlightenment, and a prevailing state of ecstasy. One may even lose consciousness during the experience and live it for a longer period, at which point the genuine truth unfolds before him, thus, he speaks about future events or past events that predated him or before he developed cognition. It is also possible that one goes insane and becomes consumed by a sense of unity with the One Holistic Being so much that they become a whole with no one else in the cosmos. This state of mind is comparable to what philosophers and Sufis call Fanā’ (annihilation of the self) Sukr

(drunkenness), Jadhb (attraction), or Ishrāq (illumination); and in Bāṭiniyyah it is called Gnosticism. Many whose declared religion is Islam have gone too far in this regard to the extent that led some of them to disbelief and claiming pantheism.<sup>27</sup>

With regard to how Nirvana is used in the foreign training and recovery programs, it is used differently from its original version in Eastern philosophy, particularly at the beginners' levels of those training programs. At this point, it is no more than a phase of therapy or a developmental stage for relaxation, creativity, innovation, self-confidence, and wisdom due to the sudden emanation of knowledge in that process. The more the trainer is willing to acquire distinction and the powers of influence, the more daily practices he must do to access the Nirvana (the unconscious) either for the purpose of self-development or to gain the ability to reach out to the unconscious of the patients or the trainees he is catering to, based on the belief that Nirvana grants liberation and sublimity. In the unconscious state, one connects with the collective unconscious and communicates, thus, with others' unconscious telepathically, thus inducing remote influence as well as remote viewing that was previously considered a vague supernatural ability or a miracle.<sup>28</sup>

Nirvana is presented in those programs with modern terms in line with the scientific language or explained using its framework. It is substituted "a state of unconsciousness" or "*the unconscious*", which is defined as the



subconsciouspossessingunlimitedpoweronly if liberated from the shackles of the conscious mind by hypnosis. Nirvana is presented as a superior humanistic state, detached from religious affiliation and achievable by anyone depending on the sustainable effort one is devoting to observe its special daily spiritual practices.

One of the applied practices necessary for reaching an intermediate level of Nirvana is encouraged by macrobiotic programs such as committing to strict dietary systems based on the features of Yin/Yang; little barley and water, and total abandonment of animal products for long periods alongside exercising progressive meditation and transformational breathing on a daily basis. It can also be reached through focusing on some geometric shapes, spiritual icons, and symbols of the Chakras. In addition, training on repeating the mantras eases their access to the unconscious where they communicate with the One Holistic Being and obtain their pursuit of health and happiness. In contemporary programs, the importance of promoting Nirvana and accessing the state of unconsciousness lies in the very nature of this state wherein the mind is disabled from thought examination and evaluation, thus failing to accept or reject them but maintaining a state of semi-feeling between wakefulness and sleep. A person in such a state is unconscious and without his free will, thus ready to receive concepts and ideas instilled in his head, which is necessary for affecting that change targeted by the esoteric movements that promote those applications

such as the New Age Movement.<sup>29</sup>

Also, accessing this condition is a means to acquire various supernatural powers by which the body is liberated from the authority of the mind hindering it from a lot of practices on the grounds that they are natural and axiomatic. It is no wonder now that people experiencing the ecstasy of Nirvana can walk on ember and stand naked on a frozen river like the Buddhist monks and Eugene. Nirvana boosts the human abilities, which enables trainees to read numerous volumes in a few minutes through the PhotoReading routine. They can also learn information about their past and future through the Time Line routine and achieve self-healing through the Reiki and human energy programs. Nirvana is simply a chance to gain esoteric knowledge and acquire wisdom as it enables the individual to get acquainted with various fields of knowledge through direct inspiration from the One Holistic Being.

Muslims who are immersed in the applications of that philosophy bolster the importance of Nirvana by painting it as a phase wherein the soul finds tranquility, spirituality, and humility in worship. Salāh al-Rāshid is one of the most famous trainers of Neuro-Linguistic Programming and human energy programs. He is in the vanguard of promoting such programs in Muslim countries through his courses, centers, and writings. He stressed the importance of acquiring Nirvana for those who desire to change, develop themselves, and heal. He said: "The Chinese Chi Kung luminaries

believe that when a person enters the state of Emptiness, he can solve any psychological, physical, or spiritual problem. This phase is the "Trance" experienced during hypnosis. The very same state is called "*Fanā*" by Sufi Muslims and "*Nirvana*" by Buddhists." *He added:* "Such a state is also felt by the believer during the night prayer, or in prostration, or during the repetition of Allah's remembrance. In this state, the mind is harmoniously connected with the soul and the body, thus boosting recovery, neural programming, and change to the peak."<sup>30</sup>

In short, those beliefs form the foundations of the training and alternative therapy programs that migrated from the East through the West. However, they are presented to the trainers and seekers of therapy in the form of daily practical applications, whether they learned its underlying philosophy as a theoretical framework at the beginning of the program, or it was taught to them diffusely throughout the program while emphasizing the fact that they are medical or epistemological theories representing a general civilizational legacy drawn from ancient Chinese and Indian medicine with no connection to doctrines and religions, thus lacking any effect on the creed of Muslims who practice them.

The truth concluded from this study is that those programs are built on a philosophical basis drawn from Eastern religions, Shamanic polytheism<sup>31</sup>, and atheistic philosophies around the world. In the West, the New Age Movement has adopted a reconstruction of

that philosophy and designed modern frames to market and disseminate them around the world and among people including the believers of the heavenly religions. It is based on an esoteric methodology favoring a rivalry approach rather than encountering. They encourage people to integrate the applications of those programs in their daily lives in hope of achieving happiness, health, and peace without exposing their religious beliefs to any sort of criticism or violation.

Behind the disguise of training and therapy, those programs conceal a philosophical truth, religious rituals, polytheistic doctrines, and an esoteric legacy inherited in the holy books of Eastern religions. Any researcher of Eastern religions or an avid reader in philosophical doctrines and the sciences of spiritualities and planets or even a general reader of unspecialized books on those topics would clearly see the obvious match and the inherent connection between those programs and those philosophies and religions.



## THIRD CHAPTER:

### Philosophically-based training and recovery programs



This chapter explores the most prominent training and recovery programs brought to the Muslim world from the East through the West<sup>32</sup> under the name of “human development” and the applications of alternative<sup>33</sup> or integrative medicine.<sup>34</sup>

Most of those programs rely on the aforementioned energy doctrine laid down in Eastern philosophy<sup>35</sup>. At its base, it is no more than a principle and a philosophy void of any connection to [genuine] knowledge or the concept of energy well known in physics.<sup>36</sup> However, its promoters use that name and confuse people accordingly.<sup>37</sup>

The intended energy is a philosophical energy and is believed to be the origin and essence of everything by the believers of Eastern religions.<sup>38</sup> They believe it is the giver of happiness, wisdom, and health. Part of it is left loose flowing in the cosmos and the human can train to draw and unite with it to obtain happiness, wisdom, and health.

Besides the Eastern names given to this energy, scientific and promotional names have also been given to it by spiritual Western philosophy and the programs of the New Age. For example, “the spiritual energy”<sup>39</sup>, *“the power of life” because it is the source of*

life, “*the healing power*” based on the healing powers associated with it, “cosmic energy” because it is the origin of the cosmos and diffused throughout it, and “the human energy” because it is susceptible to be drawn by humans thus helping them reach their desired goals, according to Eastern philosophy.<sup>40</sup>

In the programs under study, energy represents the first principle trainees and recovery seekers are obliged to trust. They must believe in its importance and power, in addition to practicing how to feel and draw this energy and apply its practices that aid its flow in and unity with one's body. For them, absorbing and harmonizing with it has been a secret<sup>41</sup> throughout history but only the early esotericists, sages, the Illuminati, and prophets were capable of unfolding it by means of special spiritual exercises and intuitional experiences that cannot be revealed to ordinary people. However, the New Age Movement has exposed this secret, offered ordinary people access thereto, and made its application available for everyone in the age of communication and modern openness without any discrimination based on class or religion. Some of the proponents of these movements were mentored by the spiritual guides who immigrated to the West. Others received training at the hands of the Tibetan and Chinese monks in their homelands in the far East. Therefore, explaining this philosophy has become the theoretical framework for all of its applications and programs.<sup>42</sup>

The movement paid special attention to the Chinese heritage (i.e. the so-called wisdom)

out of its strong belief in the importance of this philosophy and its applications to affect a comprehensive transformation on an individual level by doubling the capabilities, and on a global scale by erasing religious differences among nations, thus contributing to bringing about comprehensive peace. Furthermore, it had an avid interest in studying the spiritual experiences of Buddhists and spiritual guides. The Eastern spiritual applications, rituals, and practices were therefore redesigned to suit everyone and spread widely so that they would intertwine with people's daily lives declaring the beginning of a new era wherein the individual gives up religion and its teachings as a creed and a way of life even if one associates himself with that religion. <sup>43</sup>

All the programs offered under the name "*energy*" incorporate varying degrees of this esoteric philosophy. They explain the most important Eastern doctrines as if they are scientific cosmic facts about the origin of the cosmos and its inception.<sup>44</sup> Also, they address the origin of the human being and the metaphysical influences over him from the Eastern philosophy perspective. However, this is presented in a scientific-like language within a training atmosphere<sup>45</sup> that allows trainees to practice various applications and exercises in a suggestive manner without even paying attention to the fact that many of those are rituals that belong to idolatry Eastern religions and philosophies..

It is obvious how presenting this philosophy under the name "*energy*", which resembles the

scientific term well-known in natural sciences, leads the trainees to assume it is a science and a product of a materialistic civilization. For this reason, they deny its being a religion or a doctrine and understand it in light of the established principles, terms, and branches of physics. They even accuse anyone attempting to expose its false identity of refusal of modern sciences and civilization.

Also, promoting them in their original Eastern names such as Reiki, Chi kung, Feng shui, Tai chi, Yoga, and Prana has attracted countless numbers of people who believe the East (i.e. China and India) is advanced in the field of health and distinguished in all aspects of alternative medicine.<sup>46</sup>

In this manner, the spiritual secretive esoteric philosophy constituting the various Eastern idolatry religions has been promoted under the disguise of training and therapy across the world, including the Muslim one. It has been considered as a vital means not only to seek therapy and remedy for ailments but also used as preventive prescriptions to ensure lasting happiness, health, and achievement of peace and positivity. It has found fans and supporters even among Muslims.<sup>47, 48</sup>

### Transformational Breathing Program:

Breathing is a training and recovery program based on the philosophy of energy. Basically, it is a special breathing technique drawing the so-called cosmic Prana energy, otherwise called "*Breath*" in Eastern literature, because



breathing is one of the major means to draw it and because it represents the breath that protects the life of the cosmos.

The breathing program consists of various exercises on how to sense the flow of this Prana energy inside the body that fuels the body with vitality and happiness through accessing a state of deep relaxation leading up to ecstasy by which negative energy is dispelled and replaced with tranquility and recovery from many ailments.<sup>49</sup>

Deep breathing is an educational spiritual program offered as an independent program for therapy and health though associated with the principle of therapy by philosophy (i.e. therapy of the spirit, mind, and soul) centered at the heart of alternative recovery programs. Alternative therapy does not place the well-known ailments at its first priorities. Instead, it considers them no more than symptoms reflecting the imbalance of energy among the seven bodies or between the spirit, the mind, and the soul. Alternative therapy focuses on reestablishing the balance of energy through applications appearing vital though their real identity is philosophical.

Breathing is also presented as a spiritual training program for human development and developing human capabilities in general.<sup>50</sup> In her book *“Breathing”*, the author said: *“Transformational breathing draws us closer to the creator of the cosmos so much that our inner vision becomes clear enough to take timely precautions... Hope exists so long as you allow*

*your transformational breathing to redirect your attention to the enormous power that marks your essential connection with Allah.”<sup>51</sup>*

Moreover, breathing is presented as an important exercise in most of the foreign training and therapy programs, because it is one of the means to access the state of alternative consciousness necessary in those programs to release the human potential during the state of unconsciousness. In this state, the human lives a unique spiritual experience that empowers him to discover his potential powers, feel happiness and ecstasy, and bolsters his memory and foresight to the extent that he can remember things as early as his birth and inside his mother's womb, and even during 'Ālam al-Dharr (the realm of particles). One of the trainees recounted her experience saying: *“In fact, it is very hard to express my experience in words. Simply, it was a sweet and vital energy that dominated my body, mind, and spirit to unite them in a single limitless and painless entity.”*<sup>52</sup> Consequently, practicing breathing is delivered in special courses for the purpose of achieving lasting humility and feeling the joy of prayer and other acts of worship. There are even courses called *“creative ideas for memorizing the Noble Qur'an”* that are meant to activate the supernatural powers of memorization.

## Transcendental Meditation:

Transcendental meditation is a kind of Hindu meditation traced back to the texts of the Vedas that are sanctified by the Hindus. It is one of the rituals known in Maharishi and borrowed from Buddhist and Hindu origins<sup>53</sup> to bring about progress, sublimity, and transcendental power beyond the limited powers of the human body through reaching complete relaxation and accessing a state of unconsciousness, thus achieving the ecstatic Nirvana. According to their belief, this enables the human to reclaim the power and purity of his human faculties as well as his supernatural powers, not to mention securing tranquility, wisdom, and the power to heal himself from ailments and pandemics.<sup>54</sup>

In its modern fashion, this meditation is described as a mental technique enabling the mind to experience superior levels of thought transcending the typical human level and penetrating through to the source of thought (full awareness) until it is united with the limitless cosmos. It is classified as a secretive esoteric application because its essential principles and secrets are exclusive to a specific group who receive them gradually as they level up.<sup>55</sup>

Maharishi Yogi<sup>56</sup> is the founder and promoter of the contemporary transcendental meditation. He presents it as a neutral daily practice, restricted to no religion, that aims at achieving what he called "*global enlightenment*", which he declared in America in 1958 and on his

current official website, claiming that world peace can be achieved through circulating the centers of transcendental meditation across the world. During the state of ecstasy and illumination, the groups of meditators will be able to spread positive energy around them and extend their influence and spiritualities around their surrounding areas.<sup>57</sup>

The training of transcendental meditation includes exercises on deep and transformational breathing whilst maintaining complete silence and concentration on some geometric shapes, symbols, and the stars. Trainees should imagine uniting with them while dully repeating holy chants and mantras, the most powerful of which is "*aum, aum, aum*". It symbolizes the holy trinity in Eastern religions: the Creator, the Destroyer, and the Protector.<sup>58</sup> Hindus believe that it is the sound by which the cosmos was created.<sup>59</sup> In other times, trainees listen to holy chants while maintaining a calm atmosphere in a dimly-lit room. It is recommended that the meditator eats the least amount of food and wears the least items of clothes as much as possible.

Transcendental meditation, as an alternative recovery program with several levels, offers a way to gradually rid oneself of the negative energy causing ailments so that the body heals itself and then progresses to heal others. The benefit claims of this transcendental meditation go beyond this to influence all aspects of the individual's life that opens up his mind and helps him succeed professionally and socially. In advanced levels of this program, it

is claimed that when meditators reach a phase called “Pure Bliss”, they achieve supernatural powers like flying, disappearing, gaining all knowledge, and accessing all possibilities. <sup>60</sup>



## Reiki:

Reiki is composed of two syllables: “*rei*” meaning the cosmic spirit and “*ki*” meaning the vital energy. It is the Japanese equivalent of the Chinese energy Chi. Reiki is a name of a group of training programs and recovery applications based entirely on the belief in the cosmic energy. It is offered for developing the self as well as its capabilities. Also, trainees learn it to acquire the power of self-healing and the power to treat others by mere touch.<sup>61</sup>

Reiki programs focus on nurturing the ability to draw, balance and unite with cosmic energy by means of acquainting oneself with the features of the etheric body, opening the Chakras to receive the positive energy, ridding the body of the various negative energies produced by negative actions and feelings of fear and hatred. According to their philosophy, such negative energies cause ailments deep in the mind, soul, and spirit before they surface on the body.<sup>62</sup> At the higher levels of the Reiki, the trainees are trained on how to induce the flow of the cosmic energy into the body to reach the illumination state of the Nirvana.<sup>63</sup>

Notably, pantheism is a stark quality of the Reiki programs because it is the ultimate end of all the program applications. One of the Reiki trainers in the Muslim world said: “*TRAIN... TRAIN so that the Reiki flows inside you until you unite with the Active mind.*”<sup>64</sup>

Another testimonial describing the feelings of Reiki practitioners when reaching the state of Nirvana: “*In these moments, we realize how*

*small we are, knowing very little about the essence of Reiki as much as a drop of water in an ocean. In the end, they unite and become one.”* <sup>65</sup>

In the Reiki literature, the story reports its discovery by the Japanese Mikao Usui, who wanted to learn the secret behind the miracles of Jesus (peace be upon him) and Buddha. He, accordingly, attempted to acquire them through a personal experiment rather than the scriptural narratives. He isolated himself in a mountain and meditated while fasting until he heard voices and saw lights he could neither locate its source nor realize its essence. He was taught special symbols and lost his consciousness, only to wake up possessing wondrous healing powers that formed the earliest version of the Reiki therapies.

Thereafter, Mikao Usui devoted his life to self-development, teaching his students its secrets, and complemented it with moral teachings and holy etiquettes drawn from Christianity and Buddhism. This is how Reiki first started as a practice and an applied program.<sup>66</sup> The spiritual guides then traveled with it to America and the Western world who received it with acceptance and presented it as an alternative medicine in a spiritual fashion and self-training. The next phase witnessed a development in the Reiki programs and its circulation across the training and therapy centers through a multi-level marketing plan. Other programs were marketed alongside under the disguise of the Human Potential Movement and the New Age movement.<sup>67</sup>

The promoters of Reiki claim that its advantages outnumber mere recovery and health as it is a supernatural power for whoever masters it. Its power transcends healing current ailments to treat past and future ones.<sup>68</sup> One acquires the power of remote therapy and influence either through releasing energy through the air, or through the modern means of communication, or through using a doll where each part of it represents an equivalent part of the off-site patient.<sup>69</sup>

Reiki is considered a means to self-development, acquisition of upright morals, bettering relationships, relieving disasters and wars, improving the weather, protection during traveling, and securing safety, contentment, protection, blessing, and guidance.<sup>70</sup> Men of power (i.e. Reiki trainers) become capable of controlling the cosmic power diffused in the entire cosmos, redirecting it, and taking advantage of its supernatural features to affect positive influences in the cosmos. Likewise, they can exploit it to cause damage but Reiki's code advises them against that.<sup>71</sup>

Unfortunately, despite the obvious misguidance of the Reiki programs, some Muslim trainers still endeavor to dress it with an Islamic quality by claiming that it is one of the forms of the Shariah-approved Ruqyah and was actually derived from its name though in a non-Arabic accent.<sup>72</sup> Others allege that Muhammad (may Allah's peace and blessings be upon him) was a great master of energy development training; but he is far from such a thing.<sup>73</sup>



Reiki has spread throughout the world and many relevant societies were established in the Arab and Islamic worlds to gather its supporters and market the Reiki programs as well as similar ones. Courses, therapy, and recovery services are offered through private and public sessions. <sup>74</sup>



## Macrobiotic:

Macrobiotic means the big life or the macro vision of life. It is derived from a Greek word composed of (Macro), which means big, and (Bios), which means life. <sup>75</sup>

The Japanese philosopher George Ohsawa is considered the founder of Macrobiotics in its modern fashion. He was keen on developing the Chinese teachings and spreading them globally. Michio Kushi, his disciple, followed his path and introduced macrobiotics to America through the Kushi Institute, which trains the teachers of macrobiotic, and centers for selling vitally energetic natural food. Later, its influence grew and extended to the rest of the world. <sup>76</sup>

Macrobiotic is marketed today as a recovery training program flavored with the character of health education. It is promoted as an alternative therapy based on belief in the cosmic energy and the necessity of reorganizing life, food, clothing, and sports, and designing houses in a manner that suits and harmonizes with the requirements of the cosmic energy flow so as to ease its penetration and unity with it by which one gains health, physical healing, then spiritual sublimity, longevity, and safety from ailments, pandemics, and disasters. Maryam Nūr, a famous macrobiotic pioneer in the Arab world, said: "Macrobiotic is neither a creed nor a religion. Instead, it is the religiosity existing in the heart and love for life. It is not a conceptual idea but extends beyond that dimension; it is inseparable from

life. Macrobiotic is the essence of life, health, happiness, and freedom." 77

A central notion to understanding and applying the macrobiotic is believing in the Chi energy because it is the principal belief in Chinese philosophy and all the programs stemming from it. This involves the belief that the cosmic power Chi is the origin of all existence and it lies at the very depth of all creatures who are considered, therefore, a source to draw energy. The dietary system, which is the front of macrobiotic, focuses on the importance of food as a critical source the human can control to generate the Chi energy.<sup>78</sup> It requires a strict dietary system that relies entirely on the philosophy of cosmic energy and the Yin/Yang duality. Types of food are selected on the grounds of metaphysical features originated in the philosophy of energy.<sup>79</sup> In the past, it was known in the science of farming; the ability to identify the features and the spiritual nature of plants and then matching them to the spiritualities of the planets and the devices used for this purpose, which is a form of sorcery.

Therefore, Muslims borrowed from this science what was related to planting and treating it while disregarding the rest of it. <sup>80</sup>

This diet also encourages eating some types of food filled with high cosmic energy such as the Miso soup <sup>81</sup> on a daily basis while avoiding animal products, such as meat and dairy products, and honey that induce a negative effect on energy. <sup>82</sup>

The early levels of the macrobiotic programs

focus on applications related to food and daily life routine. However, higher training levels put forth the philosophy of existence, epistemology, cosmos, and life. They also explain the beliefs of the cosmic energy, the Seven Bodies, and the Five Elements among others.<sup>83</sup> Even daily life routine is regulated by teachings based on ancient Chinese wisdom<sup>84</sup>

Promoters of the macrobiotic claim that its benefits extend beyond health and recovery from ailments to providing support on the individual's emotional, family, and social levels. They also claim that it boosts sensory functions and natural intuition in addition to achieving a higher level of spiritual awareness.<sup>85</sup>

### Yoga:

Yoga is a Sanskritic word denoting unity and oneness. *"It means unity of the individual being with the cosmic being."*<sup>86</sup> Yoga is one of the oldest teachings in Indian religions. In Yoga, one practices *"a group of spiritual and physical exercises for the purpose of breaking away from the world of externals and multiplicity to engage in and integrate with the absolute unity."*<sup>87</sup> Therefore, Yoga is considered an important practical practice to achieve the goal of those religions in uniting with the ultimate power.<sup>88</sup> In light of those religions, Yogi is someone who reached the level of sublimity and illumination, acquired supernatural powers drawn from his awareness of his divine soul, which he discovered during his Yoga sessions. The human, according to their belief, is part of god. Following their belief, the Yogi can control the

world of spirits; they would descend to our world if he orders them to do so and even the dead would rise voluntarily if he so desires. In short, all the powers of nature are subjected to his will.<sup>89</sup>

Today, Yoga is presented as training programs and workouts for self-development or therapy and recovery. Its appearance distinctly shows off the spiritual and athletic aspects as it connects between the body movements and deep breathing. It is centered on meditation to achieve liberation from time and space by harnessing as much Prana power as possible and integrating the individual being with the cosmic one or with God,<sup>90</sup> according to their belief.

Yoga training and recovery programs include a particular diet resembling the macrobiotic diet and it largely depends on eating plants and grains while focusing on excessive food chewing. It is considered a dull though important technique meant to decrease the food intake in return for meditation and concentration.

Yoga is typically practiced, whenever possible, in open air while wearing loose clothes. Most of its poses are nature-like such as the tree, the lotus, the dog, the cat, and the lion poses.<sup>91</sup> It also includes workouts in harmony with nature such as the Sun Salutation workout practiced alongside repeating the sun's names in Eastern languages and thanking it for its light and warmth. Such workouts and sessions aim at achieving as much harmony

with nature and the cosmos as possible. <sup>92</sup>

Like any other energy program, sickness is perceived in Yoga as the result of a disturbance in energy and acquiring accumulative negative energies affecting the body. They must be eliminated to firstly reclaim health and secondly to attain perfect well-being and grant it to others.<sup>93</sup> Yoga also emphasizes the possibility of controlling one's health and even the future by virtue of taming the self and liberating it from the authority of the mind. <sup>94</sup>

The teachings of Yoga spread among the ordinary people, despite their various religious affiliations in the modern era, when introduced in the alternative medicine centers and health clubs in the Arab and Islamic worlds as no more than workouts to gain health and fitness. It has various levels. The more the trainees maintain attendance of the Yoga sessions, observe it daily, and progress to the higher training levels, the closer they become to understanding the philosophical principles of Yoga and it therefore becomes an integrative part of their daily lives, exactly as instructed in all the training and recovery programs of philosophical origins.

## Taijiquan:

*"Taijiquan"* is a Chinese word denoting eventual existence and progress towards eternity.<sup>95</sup> It is one of the Eastern martial arts<sup>96</sup> as well as one of the contemporary workouts borrowed from the Chinese philosophy and Taoist beliefs<sup>97</sup>

It is reported that the origins of those exercises go back to the late eighteenth century when some monks developed their self-defense skills after meditating nature and observing the movements of snakes and animals in attacking and defending themselves.<sup>98</sup>

Taijiquan has various schools passed down by followers of the Chinese masters. In the modern era, it has spread alongside the contemporary spiritual movements throughout the Western world, and from there to the Muslim and Arab worlds through the applications of human development and the various forms of alternative medicine.<sup>99</sup>

Taiji emerged out of the philosophical aspect of Taoism and relies on its perception of existence and the cosmos<sup>100</sup>, which is centered on the cosmic power Chi and its sub-category Yin/Yang where balance must be maintained between both of them.<sup>101</sup>

Taiji inherited literature emphasizes the negation of duality (Creator/creature) in existence and affirms that the human is no more than a manifestation of the one existence.<sup>102</sup> All of the practices of Taiji aim at the unity of the body, mind, and soul so as to link them collectively with the cosmic energy. In this

manner, the human is elevated beyond the materialistic world and achieves the Eastern philosophical goal, namely eternity.<sup>103</sup>

Currently, Taiji is presented as a martial art aiming at building up the external physical strength by means of developing the cosmic energy stored inside the body and in control of its strength.<sup>104</sup> Of course, it has some health benefits as a workout represented in treating many ailments such as rheumatism, asthma, insomnia, gastroenteritis, stress, and migraine.

<sup>105</sup> <sup>106</sup>

It is important to emphasize the fact that Taijiquan, like any other application of the philosophy of energy recently presented as yet another type of alternative medicine, may achieve some health benefits given its reliance on types of workouts, relaxation, and dietary attention rather than its claim to having and harmonizing with a flow of the cosmic energy.

### Qigong:

It is a Chinese term consisting of “*Qi*” denoting the cosmic energy and “*gong*” denoting the means to perfection.<sup>107</sup> Basically, Qigong is a workout used in Eastern martial arts with a metaphysical spin. It has various schools rooted in Eastern religions. The Taoist school, for example, focuses on the meditation of nature and boosting health and recovery from ailments to secure eternity; the Buddhist school, on the other hand, focuses on awakening the spirit and achieving enlightenment. Furthermore, the Confucian school aims at producing righteous



individuals in society by virtue of directing energy.<sup>108</sup> Some other schools of Qigong complement it with practices borrowed from the Shamanic rituals centered on developing supernatural powers by summoning the powers and spirits.<sup>109</sup>

Like all the applications of Eastern philosophy, Qigong is based on believing in the cosmic energy and its centrality in all aspects of life. It is based on the application of the Yin/Yang and the Five Elements philosophies whose purpose is to obtain as much cosmic energy as possible and make it flow inside the body<sup>110</sup> to achieve the ultimate goal of Eastern philosophy, namely unity or return to the original source (The One Holistic Being) in their own terms.<sup>111</sup>

Qigong has been one of the inherited secret traditions in China. The Taoist and Buddhist monks used to practice it quietly in their temples and taught its secrets to their close disciples. Recently, however, it has spread in the form of a training program to develop the self and capabilities and to heal and treat the sick. Qigong is one of the developmental spiritual programs adopted and marketed by the New Age Movement in the West.<sup>112</sup>

Today, it is presented as a training program whose goal is maintaining health. It consists of several workouts and breathing control exercises meant for activating the Chi (i.e. cosmic energy) in man's seven bodies to achieve the maximum level of general health and reach happiness on the physical, spiritual, mental,

and emotional levels. Like the aforementioned programs, it is centered on the individual responsibility to attract cosmic energy and make it flow in the body to gain its advantages in health, happiness, and longevity among others. Likewise, it can be used for re-covery and therapy purposes. Many health benefits are its fruits due to the workouts and deep breathing techniques it incorporates,<sup>113</sup> not to mention the alleged metaphysical causes related to Eastern philosophy.<sup>114</sup> On this basis, it is presented as a self-development program and as an alternative medical prescription replacing the chemical medicine in treating many chronic diseases such as asthma, migraine, and rheumatism among others.<sup>115</sup>

As part of this training program, the literature on Chinese philosophy is published covering topics such as the origin of existence (cosmic energy), Taoism, the Big Bang philosophy, and the formation of Yin/Yang duality. The philosophy of the Seven Bodies and the features of the etheric body and its affiliate Chakras are presented as scientific facts that have been discovered in the ancient Chinese medicine.<sup>116</sup>

### Feng Shui:

It is a Chinese term composed of two parts: “*Feng*” denoting air and “*Shui*” denoting water. <sup>117</sup> It symbolizes the group of Eastern philosophies related to the cosmic powers and how to balance them. Its application mandates a broad knowledge of Eastern philosophy and well-acquaintance with its complex equations and infinite details; a major feat of understanding,

application, and practice that only experts could accomplish.

Feng Shui is presented to people today in the form of applicable pieces of advice offered by those experts either through books listing some practical examples or through partial training programs focusing on learning specific engineering secrets that contribute to maintaining balance among the powers of nature at home merely by one's coordination of his house interior decor. According to Eastern doctrines, this enables the residents to draw cosmic energy (Chi) in various ways and allow it to flow in the house to protect its inhabitants, grant them the secret of life, and help them achieve a better life with regards to their health, tranquility, peace, and salvation from the influence of negative energies, not to mention securing happiness and wealth.

One of the crucial principles in drawing the Chi energy, according to the Feng Shui philosophy, is deliberate selection of the house location as it should be compatible with the resident's Chinese zodiac and date of birth, all of which are calculated by the measures of Yin/Yang and the Five Elements. Other principles include hanging small bells, considering the characteristics of the spiritual geometric shapes and using them as part of the decor especially the pyramids, understanding the relationship between directions and the planets affecting health and happiness, and using candles, incense, salt, some spiritually-infused blocks such as the pyramids, and a statue of a one-legged frog to bring about

wealth.<sup>118</sup> Furthermore, other instructions include using a statue of a crouching lion for protection and a wooden pair of ducks to inspire agreement and intimacy between the spouses.<sup>119</sup> Some animals or statues and the color representing them have special secrets as well. For example, the tiger is placed on the right side or westward to boost physical power, logic, and work; the dragon is placed eastward to inspire wisdom; the turtle is placed northward to bolster feelings of safety, the red bird is placed at the entrance of the house to clear the future vision of the house inhabitants; the moving water is placed to draw money; and the lighting is placed on the southwest to better the social life. Many exist besides these and they are believed to host spiritual secrets that attract positive energies crucial to the house inhabitants.

Recently, Feng Shui is presented in the form of programs of spiritual cleansing of the remains of previous residents as well as ailments. According to the Feng Shui philosophy, the events occurring in a specific location affect its future residents. Therefore, houses must be cleansed spiritually to rid them off the misery of the past by means of lighting candles and incense, turning on beautiful music, and sprinkling salt in the rooms corners then sweeping them on the next day.<sup>120</sup>

In the Arab and Islamic worlds, Feng Shui spread in the form of various courses listed under its original name "*Feng Shui*" and "*Biogeometry*" or under some of its partial applications such as the courses of the "*pendulum energy*", "*secrets*

*of the pyramids energy”, “energy of geometric shapes”, and “secrets of the energy of colors”. Recently, some recovery applications were even promoted under the name “energy of the beautiful names (of God)”.*<sup>121</sup>

Also, Feng Shui is presented in the form of geometric consultations in designing modern houses. When marketed to Muslims, there is a typical mention of the Ka’bah, its sacredness, spirituality, the secrets of the cube shape, the secrets of circumambulation and the secrets of the repeated number seven in the Qur’an. Using Islamic vocabulary, the Chi energy is called a blessing.<sup>122</sup> This is how ordinary people incorrectly believe such thing to be a scientific feat or a miracle, thus practicing polytheism while believing in Allah.

In addition, some Chi energy-inducing blocks are widely sold such as the pyramids, the energy bracelet, the energy pendant, the Bio Disc, and the energy pen among others. They are sought to induce health and success. In truth, it cannot logically bring about such hopes, thereby constituting a more or less severe type of polytheism.<sup>123</sup>

Finally, I should note that there are some logical pieces of advice incorporated in the teachings of Feng Shui such as ventilating the house properly, having natural plants, etc. However, Muslims should not be deceived by such teachings, which they use to argue the upside of factoring Feng Shui in decorating and engineering houses since most of those logical pieces of advice aim to achieve metaphysical

goals. Putting plants in the house, for instance, is done for the sake of bringing good luck according to this false philosophy.<sup>124</sup>

### Huna:

The origin of Huna goes back to practices borrowed from the Hawaiian islanders in America. It was founded by the American philosopher Max Long in 1936. He is one of the New Thought Movement intellectuals who was interested in disseminating the Shamanic practices among people out of a belief that they are offering new avenues of thinking, life, and dealing with the spiritual world beyond materialism.<sup>125</sup>

Huna is a training program where people are trained to practice types of magic and deal with the jinn to acquire supernatural powers of influence. However, it is disguised under the following descriptions: developing the ability to deal with earthly energies and the underworld powers, techniques to acquire the power to influence the matter by the mind as well as the ability to remotely move items by magnetic sight among other descriptions consistent with the general framework of human development.

Only recently has the program been introduced to the Muslim world within a narrow range given the danger of its applications and its straightforward reliance on repeating mantras and employing talismans, which exhibit obvious deviance. Besides, unlike the other Eastern philosophy applications and rituals, it is hard

to showcase this one in an Islamic or scientific frame except secretly to a group of people to spoil their foresight and confuse them by the exclusivity of this kind of knowledge and people's inability to understand it given its powerful impact and its close resemblance to the power of magic.

### Pranic Healing:

Prana is a Sanskritic word denoting vital energy or the energy of life that preserves health and life inside the human etheric body. Its equivalent is Qi in Japanese and Chi in Chinese.

Pranic healing is a new brand name for a type of therapy inspired by the philosophy of cosmic energy. Its modern framing is taken from a group of therapy secrets of the Tibetan monks by using vital energy to treat others and particularly relieve their pain, sometimes without touching their bodies, out of the belief that Prana energy has spectacular healing powers without effort. All the therapist has to do is to place his hand on the sore spot of the patient and imagine the power of Prana flowing off his hands to that spot, thus cleansing it from the negative sickening energy to replace it with the Pranic healing energy through the hands; and voilà, it is healed instantly.<sup>126</sup> It is even believed that it is possible to treat remotely via Prana if the therapist is experienced exactly like in Reiki.<sup>127</sup>

It is explained as an application of the miraculous healing practiced by the prophets who, according to their belief, had a connection

with the cosmic energy. One of the philosophers who adopt this kind of therapy stated: *“How is it possible that Jesus managed to do those wonders such as bringing sight back to the blind and healing the sick? They are no wonders, as we used to believe, but rather a divine law. Jesus was capable of connecting himself wholly with the cosmic power of Allah.”*<sup>128</sup>

Like any other application of energy therapy, Pranic healing is believed to treat a considerable number of ailments beginning with minor health disorders like headaches, nose-bleeding, toothaches, coughing, fever, and bellyaches; and extending to unyielding ailments like tuberculosis, high blood pressure, hepatitis, migraine, rheumatism, and epilepsy. It is also believed to treat emotional and mental disorders such as nervousness and schizophrenia among others.<sup>129</sup>

The founder of Pranic healing is the contemporary energy master Choa Kok Sui, who formulated its modern outlook and spread its ancient Tibetan secrets. Prana healers rely heavily on the power drawn from the sun, trees, and air. They believe that therapy is most effective if the healer employs the sacred energy directly.

Prana therapy overlaps with the remaining types of energy therapy since deep breathing is basically inhaling the Prana energy and the transcendental meditation induces the Prana energy. Also, therapy with crystal and gemstones redirects and attracts the Prana energy.



## Color therapy:

This type of therapy is offered in alternative medicine clinics as well as a training program for self-development and self-healing. Colors are used to achieve the primary goal of Eastern philosophy, as the black color is the means to unity with the One Holistic Being.

Color therapy is carried out by detecting the patient's most suitable color that incorporates the secret to his recovery or happiness through examining the aura. Next, the patient is urged to wear clothes that match his energy-compatible color or wrap himself in colorful fabrics, or light colorful lanterns and focus their light on the patient. In addition, the patient is also urged to eat food matching the color he needs,<sup>130</sup> drink water from a colored cup or one wrapped in colored fabric for a considerable time, or hang gemstones whose colors match those needed by the patient.

Sometimes it is sufficient to just imagine during relaxation sessions where the patient or the trainee conceives the color, thinks deeply about its relevant Chakra, its secrets, power, and impact; then direct the color embodied in his imagination towards his needy body or the aching organ.<sup>131</sup>

## Recovery Using Gemstones and Crystal:

Gemstones are metals excavated from various locations and are known for their beauty. They are purified and polished to be used for ornaments, therapy, lucky charms and the like in Eastern mythical, idolatry, and philosophical

doctrines.<sup>132</sup>

Gemstones-inspired recovery is considered among the types of alternative medicine and energy therapy in modern time. It overlaps with other forms of therapy such as color therapy, Feng Shui, and Ayurveda among other programs propagated by the New Age Movement..

Belief in the characteristics of the gemstones is drawn from Eastern philosophy and idolatry doctrines that are based on the inherited secrets. It absolutely lacks both scientific basis and logical proofs.<sup>133</sup> In those philosophies, gemstones and crystals are considered a manifestation of energy and its forms. They can be used to bring back the balance of energy in the body, which is the cause of ailments according to Eastern philosophy, or activate its flow in the respective channels. A particular stone is designated for every Chakra to treat the associated ailments.<sup>134</sup> Gemstones enforce harmony and balance through the Chakras between the body, the spirit, and the etheric fields to stimulate the self-healing of the body and fill it with vitality and agility.<sup>135</sup>

Deciding the suitable gemstone is determined by each individual's zodiac and date of birth. Then the patient hangs it on the head, wears it as a ring, drinks its liquid or powder, or massages the Chakras and energy channels with it to influence the energy body so that the patient becomes healthy and even secures success.<sup>136</sup>

In light of the idolatry philosophies and doctrines, gemstones protect the human against dangers, envy, and snake bites.<sup>137</sup> Most importantly, however, they aid those desiring to achieve the most superior philosophical goal (i.e. connection with the One Holistic Being) if the gemstones were put during meditation or relaxation on the third eye, following which the recovery seeker shall acquire clairvoyant powers to know the past and future events.<sup>138</sup> In Feng Shui programs, gemstones and crystals are frequently used and placed in various locations in the house to preserve its positive energies and balance the energy of the house inhabitants and protect them.<sup>139</sup>

Gemstones therapists emphasize the importance of believing in the effectiveness of the gemstone in therapy to obtain benefit therefrom.<sup>140</sup> Similarly, they warn against using gemstones that belong to others because it is believed they carry the negative qualities of their previous owners. One may get sick if he wears jewelry of others whose energy is different, or who may be sick or miserable. Hence, the gemstones must be purified from the previous energies through soaking them in water and salt before using them.<sup>141</sup>

Some loyal adherents of gemstones therapy attempt to explain their belief in the healing and beneficial features of gemstones in modern scientific terms. They claim that gemstones have magnetic powers, radiations, and vibrating frequencies affecting the human body.<sup>142</sup>

## Pyramid Energy:

Pyramid energy is a kind of therapy that utilizes geometric shapes replete with energy and healing secrets, as believed by Eastern philosophy and the idolatry practices of the Near East, since the pyramids constituted a significant cornerstone in the Pharaonic philosophy.

According to those philosophies, the pyramid is a geometric shape with wondrous characteristics that draw the cosmic energy. It also absorbs earthly powers to supply a strong field of energy inside the pyramid that can be used for therapy and health purposes. This energy has amazing features and benefits for human vital energy.

Any person can build his own pyramid from wood, plastic, or any non-metal material and in the color matching his energy or the ailments he wishes to alleviate. In this manner, one can draw the cosmic energy and utilize it to boost his health and treat the various ailments. Those small pyramid shapes are used as a terminal for purifying water, food, medicine, and makeup from the harmful impurities and the effects of the wastes of modern industry. Food and drinks that are purified inside this pyramid terminal are tasteful and rich in vital energy, not to mention them being free from harmful substances.<sup>143</sup>

Of course, the pyramid is hollow, supported by eight long poles connected with joints, and is set up by the angles forming the pyramid shape. It is covered by a piece of fabric or a

non-metal material to give it the appearance of a tent; and once you sleep or sit underneath it, you start receiving the healing energy emanating therefrom.

Proponents of the pyramids associate many benefits thereto that extend beyond the matter to include the spirit and mind. For example, the red pyramid helps in obtaining agility and money; the light blue pyramid imparts sublimity, inspiration, clairvoyance, perfect character, and immunity against psychological and mental ailments; the green pyramid affects emotional relationships besides treating various ailments; while the yellow pyramid is related to the mind, thinking, and the power of concentration.<sup>144</sup>

Feng Shui designers advise their seekers to place pyramids in the bedroom to cleanse it from harmful negative radiations generated from the structural steel in modern buildings and the harmful beams discharged by the electric wiring. When placed under the bed, the beams emanating from the top of the pyramid prevent snoring and insomnia, and bring deep sleep and clear explicable dreams. Pyramids can be also used for the children to remove their negative energies causing them to be sick, naughty, or excessively active.<sup>145</sup>

### Graphology:

As advertised, it is a widely circulated training and recovery program (diagnostic). It aims at providing the trainees with tools that help them identify people's mood, the key to their

personalities, and their health conditions and sickness. It even goes as far as learning about much of someone's past or present from his handwriting or the curves in his signature.

According to the laws of Graphology, handwriting reveals considerable information about the unknown; one can learn the past, present, or the future of someone based solely on the secret characteristics of the alphabets known exclusively to graphologists.

The preliminary applications of this program teach how to connect between internal affairs and relatively acceptable implications drawn from the composition of handwriting such as the haste of a person if he writes fast, the purity of someone if his handwriting is clear, and the narrow-mindedness of an individual if his handwriting is sharp at the edges. There are other tokens that may have merit, even remotely. Trainees progress in learning deeper secrets about past or pre-sent events in one's life or the characteristics of his relatives by relying on secret internal features. This, in fact, is nothing but a form of divination and fortune-telling based on the alphabets. Its followers believe in a strong connection between those letters and people's lives even the cosmos and all the events that unfold within it. They associate the features of the letters with the stars and zodiacs to predict the precise timing of an incident and information about the unseen, ages, misery, and happiness among others.<sup>146</sup>

Graphology is one of the recent additions in the training and recovery programs. It was recently promoted among the programs of the New Age Movement and is considered an important method to spread the esoteric philosophy adopted by the movement.<sup>147</sup> In truth, it is a philosophy that has nothing to do with genuine science.<sup>148</sup> Interestingly, Western scholars who observe emerging sciences have exposed the truth of this program and considered it as pseudoscience, whereas many of the Muslim trainers who are infatuated with it consider it a scientific methodology to acquire the kind of insight well-known in the Islamic culture. They even attempt to prove the authenticity and legitimacy of this program by employing religious texts and historical events.

### Neuro Linguistic Programming:

Its acronym is NLP. It is one of the most infamous foreign programs and the earliest to infiltrate into the Arab and Muslim worlds. Its program is a combination of sciences, philosophies, beliefs, and practices; all of which target the reformulation of the concept of reality in one's mind so that it is internalized by the individual and manifested in his behavior.

NLP training program was established by the support of Gregory Bateson (1904-1980) who is one of the most prominent researchers of the Esalen Institute. He embraced Buddhism and enrolled himself in the Buddhist Zen center in America where he died.

The design of the techniques and exercises of the program followed a standardization of three models, all of which represent three major figures interested in Eastern spiritualities. Their personalities, thought, behavior, and emotions were taught. In addition, trainees were taught the causes of success and distinction of those models and how they applied their thought and practiced their beliefs. Those three models are:

1. Melton Erickson (1901-1980) who was distinguished by teaching the techniques of departing the mind to the states of alternative consciousness, which is a direct application of the Buddhist Zen that he was interested in.
2. Fritz Perls (1893-1970) was one of the researchers in Esalen Institute and he was interested in the philosophy of pantheism.
3. Virginia Satir (1916-1988) was specialized in the spiritual therapy and was known for influencing people. She founded one of the major centers of the New Age Movement in America called Avanta center. Virginia demanded to be burnt after her death and for her ashes to be scattered to survive reincarnation, according to the typical Indian beliefs she adopted.<sup>149</sup>

NLP program is eclectic because it combines philosophical views and some theories and hypotheses collected from other disciplines such as Behavioral Psychology, Epistemological Psychology, and Management Science among others. NLP training consists of some mental



and therapy exercises plagiarized by NLP trainers from other sciences, which enhanced the image of this program and it became known for developing the individual's ability to connect with others and emulate the distinguished people. Though many of the formative theories and hypotheses of this program are unproven and scientifically rejected, the trainers portray them as if they are established scientific facts.<sup>150</sup>

Like all the training and recovery programs brought from the East to the West through the New Age Movement, the true danger of the NLP program lies in its underlying philosophy since its courses circulate various concepts and principles drawn from esoteric philosophy; some of which are related to the origin of the human being, his unlimited capabilities that are acquirable through the subconscious, and his supernatural powers that enable him to dispense with any external source<sup>151</sup> According to the hypotheses of the gnostic psychologist Carl Jung in relation to the collective subconscious, it forms a large portion of the One Holistic Being mind that is philosophically considered the origin of existence and its true manifestation.

## Time Line Thereby:

It is a training program offered alongside or separate from NLP. It was established by the American Tad James in 1988. It consists of exercises meant for developing the self and overcoming fears and various traumas. It bases its approach on locating the respective time line of each individual storing all the past (memories), present (experiences, decisions, good and bad fate), and future events (hopes) of the individual. They are stored in the form of vibrating energy serialized along a line connected at some point with the cosmos. Once the human reaches his respective line during the state of the subconscious, he can transcend the spatio-temporal limits and roam freely across the three temporal points (past, present, and future) since energy is not bound by time or place.

Discovering the respective time line of the individual enables him to travel to the past or the future so he knows his past as if he is living it and experiences his future exactly in the manner it will unfold. Furthermore, one can utilize special techniques to erase that past, bolster and develop the present, and affect the future in various ways.

When offered as a therapy, the therapist draws an imaginary line on the floor or the wall so that the patient considers it his respective time line containing his past, present, and future. After meditation and imagination in a quiet atmosphere and dull murmuring of the trainer, the patient accesses the state of

the subconscious, thus generating a deep feeling of self-knowledge and discovery of the buzzing answer: who am I? At this point, the patient discovers, sees, and uses his respective time line to connect with the cosmos, thus revealing the past to relive it step by step and narrate minute details of his early life before developing cognition and distinction. For example, he may narrate the voices he heard in his mother's womb<sup>152</sup> or even relay something that occurred before his coming to this life.<sup>153</sup> Then the future becomes laid out before his eyes such that he speaks about the wishes of his future as if he is consciously experiencing them, meets people and speaks with them. It is not unlikely that some future events would unfold in the manner he described in such a state. In his actual future, he may come across the very people he met in the imaginary future he envisioned during the time line therapy session.<sup>154</sup>

### Fire Walking:

It is a special training program presented under various names such as "Wake up the giant inside you and let it free" and "wake up your hidden powers". Firewalking is an Eastern religious practice. In Hinduism, it is an annual ritual to exhibit the holiness of priests and monks while, in Buddhism, it represents overcoming human inability.<sup>155</sup>

The establishment of the modern Firewalking program is attributed to Tolly Burkan in 1977 and to Anthony Robbins, the NLP trainer who disseminated the program through his famous courses (Wake up the giant inside you and

release it). Those courses have gained wide popularity in the Muslim world recently. It is now considered one of the important programs of human development to develop the self or treat addiction and phobia among others.

In the final exercise of the program, the trainees are to walk bare-footed on a bed of hot ember. Before that, the trainer would converse with them about the human soul and its hidden potential powers. He would narrate stories about extraordinary powers some people unleashed and how anyone can find the same destiny if they were to liberate themselves from the shackles of the mind that hinders the release of their imagination and hidden powers because of the falsely laden ideas residing there. The trainers stress that nothing is impossible when displaying a strong resolve and so on. Thereafter, the trainees are fired up with an unbridled enthusiasm and form groups to walk barefooted on a bed of hot ember while repeating: cold fire, cold fire.<sup>156</sup>

### Emotional Freedom Techniques:

As a training program, it is recent and the shorter version of it is EFT. It is a kind of therapy by Subtle Energy that recently spread widely. Some trainers call it: Thought Field Therapy Techniques or Emotional Freedom Therapy Techniques.

Whether presented as courses or types of therapy, this practice is originated in the philosophy of cosmic energy and its relevant doctrines about the human and the cosmos.

As a form of training, this program is traced back to Roger Callahan who founded the Thought Field Therapy Techniques in 1981. This form of therapy marginalizes acupuncture and replaces the needles with tapping while preserving the original philosophy of the cosmic energy doctrines, the etheric body, energy domains, and the relationship between personal and cosmic energies. His student Gary Craig marginalized it even more and stipulated no specific tapping spots for each patient. Rather, he unified the method and designated common spots for all ailments while keeping the associated philosophy. He named it: Emotional Freedom Therapy Techniques. Then it was propagated as an easy and a quick approach to heal all types of ailments starting from cold and up to cancer. Building on the assumption that all ailments are psychological, otherwise known as the negative emotions, they are caused by an energy disturbance in the body channels - pursuant to their belief in energy and the etheric body. To reclaim balance to the body energy, one must tap on the knots and channels where energy flows at the moment one is thinking about negative emotions.

The practitioners are asked to repeat with each tap the phrase "despite the fact that I am...(mentions his negative emotions), I accept myself and have confidence in my powers". Then one keeps tapping on specific spots in the hand, the head, and the neck until the negative emotions decrease or disappear, at which point one's self is liberated from its imprisonment and he, thus, recovers.<sup>157</sup> Some

trainees and healing seekers may feel some benefit after a single tapping session since psychological freedom is a delusional therapy that effectively treats delusional patients. It is scientifically known as the Placebo Effect. However, it trips its practitioners into the mud of atheistic philosophy given the deviant philosophical doctrines it contains.

It is important to assert that all the aforementioned programs are only the most famous examples of the training and recovery programs adopted by the spiritual and esoteric movements in the West. Those programs have been marketed in the Arab and Islamic worlds and adopted by countless members of Muslims who have trained others and cherished its future. Some trainers offer those programs using the aforementioned globally-known titles while others design special names more appealing to the Arab and Islamic culture. Still, they infuse them with the essentials of this philosophy to ensure that the international leagues will credit the trainees' certificates as they are the godfathers and sponsors of those philosophies. Some Muslim trainers are very much interested in those programs and their minds have been tainted by some of their philosophies. As a result, when they offer legitimate training and skill courses such as "the arts of presentation and influence", they mix them with the principles and concepts of the aforementioned philosophies. They taint their curricula with the stains of those applications such that they train people to activate the naval Chakra and the area below it called Hara. Those trainers claim that this guarantees

achieving higher levels of self-confidence and securing the power to influence others. Another course is called “creative ideas to memorize the Noble Qur’an”. It includes valid scientific applications besides the philosophies related to the supreme consciousness, the power of the subconscious, and its role in unleashing the hidden powers. It also includes the techniques of deep breathing and overcoming the fears by employing the emotional freedom technique and others as if those philosophies are nothing but therapeutic exercises or scientific facts and neutral human experiences.



## Conclusion

This study unveiled the circulation of Eastern philosophy and its idolatry doctrines in the daily lives of ordinary people via the spread of its training and recovery applications, portrayed in pseudo-scientific terms and modern frames, the thing that endangers the Islamic creed and identity. It requires experts to carry out the obligation of explaining the reality of those applications, driven by the principle of enjoining good and forbidding evil and calling to Allah Almighty.

This study has also exposed the reality of the philosophies and their relevant training and recovery programs and applications. Most of them are designed to appeal to the global training instructions sponsored by the New Age Movement. In this manner, they became confused with the training and development programs. The following sums up the reality of those programs:

1. Although those programs may seem as training and recovery programs, their essence show they are no more than practical applications of a philosophical ideology drawn from the ancient idolatries whose conception of existence, the cosmos, man, and life contradicts the guidance of the true religion.
2. They are materialistic and atheistic programs because they are based on a worldview that neither believes in the true deity nor His existence, knowledge, or will.



3. They are esoteric and Gnostic programs and the truth, for them, is achievable by humans directly from the Absolute through esoteric inspiration.
4. They are spiritually-based programs. They circulate various doctrines about the spirits, their incarnation, powers, and the means to contend with them under the name of underworld powers, the potential powers, or the cosmic energy among others.

Accordingly, the study recommends the following:

1. Introducing the reality and dangers of those programs to those responsible for alternative medicine and training in the Islamic world so that no official authorization is granted based on the resemblance between those philosophies and other training programs and applications of alternative medicine that are considered void of such philosophies and demanded by the conditions of today's life.
2. Alerting ordinary people as well as experts to the dangers of the idolatry Eastern philosophies, creeping through their practical forms into people's daily lives to gradually replace their Shariah-based daily routine.
3. Muslim preachers and scholars must endeavor to educate the people on how to consciously live the principles of their religion so that they can achieve their required goals in this life and the Hereafter. In this

manner, they would keep themselves far from learning those philosophical programs.

I ask Allah to guide us to the truth and make us guides for others; and all praise is due to Allah, the Lord of the worlds.



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1 Granted, Chinese and Indian medicine are ancient and their success and effectiveness have been proven in many areas such as phytotherapy. However, their philosophical beliefs and religious rituals interlock with various types of prescriptions and remedial recipes that are popular among people there because they are connected with the beliefs and religions of those countries. For Muslims, however, specialists must discern the medicine part from philosophy, worship and rituals from physical exercise, and the truth from falsehood in such a vast legacy. This study offers a minor contribution in this regard, believing such an endeavor can only be achieved through institutional collaboration. I ask Allah to let the religious scholarly associations to see the benefit of such an endeavor.

2 Based in California, USA, Esalen Institute of California, was founded in 1961 by Michael Murphy and Richard Price to explore human potentials. It is well known for merging between Eastern and Western philosophies. It hosts workshops, training programs, and therapy drawn from Eastern and Shaman philosophies. It is a center for esoteric studies whose mission is disseminating spirituality as a replacement for religion. It has attracted plenty of specialists in various fields, such as Carl Jung and Abraham Maslow among others, for the common goal of elevating the human to a divinely spiritual dimension. Under the patronage of the institute, many private institutions were established to circulate the mission of the Esalen Institute inside and outside America such as the Human Potential Movement and the New Age Movement. See: *The Upstart Springs: Esalen and the Human Potential Movement*, Walter T. Anderson, iUniverse, Lincoln, NE, USA, 2004 and the official website of the institute: [www.esalen.org](http://www.esalen.org).

3 See: *Perspectives on the New Age* by Kay Alexander: 41- 42.

4 See: *Perspectives on the New Age* by Kay Alexander: 44.

5 This "One Holistic Being" is similar to God or Allah because of the superficial resemblance in belief in Allah and that entity, either due to ignorance of the truth or just a reconciliatory attempt between what is said by the prophets and what is said by the so-called enlightened sages.

6 See: *Al-Falsafah fi al-Hind* by 'Ali Zay'ūr: 451; *Tārīkh al-Fikr al-'Arabi* by 'Umar Farrūkh: 62; *Al-Marji' fi al-Fikr al-Falsafi* by Nawāl al-Sāyigh: 38; *Tanāsukh al-Arwāh, Usūluh wa Athāruh* by Muhammad al-Khatīb: 18.

7 See: *Al-Tāw* by Hādi al-'Alawi: 77 and *Al-Mabda' al-Farīd* by George Oshawa: 45.

8 *Asrār al-Tāqah* by Hakam al-Zamān Hamzah: 166-167.

9 *Al-Fikr al-Sharqi al-Qadīm* by Johan Köhler: 338.

- 10 Many Muslim trainers explain the Yin/Yang philosophy as a division of objects representing their outward inherent contradiction and as the very duality mentioned in the Qur'an. However, the truth is that the philosophy of the five elements has doctrinal roots that are inseparable from the non-Islamic and polytheistic Eastern philosophy. For example, check Muqaddimah Bayna al-Tibb al-Nabawi wa al-Macrobiotic by Usāmah Ma'mūn: 105-123; 'Ilm al-Tāqāt al-Tis' by Yūsuf al-Badr: 11-32.
- 11 See: Al-'Anāsir al-Khamsah wa al-Sūq al-'Asharah by Kiko Matsumoto: 23.
- 12 See: Tāqat al-Kawn Bayna Yadayk by Maha Nammūr: 26 and Al-Fikr al-Sharqi al-Qadīm by Johan Köhler: 338.
- 13 See: Muqaddimah Bayna al-Tibb al-Nabawi wa al-Macrobiotic by Usāmah Ma'mūn: 105-123 and 'Ilm al-Tāqāt al-Tis' by Yūsuf al-Badr: 11-32.
- 14 See: 'Ilm al-Tāqāt al-Tis' by Yūsuf al-Badr: 25-32.
- 15 Nirvana is a famous Eastern philosophical and religious term of Buddhism and has equivalent terms in the remaining Eastern religions. It is popularly treated in foreign training and recovery programs as a scientific term. Its etymology is found in Sanskritic and Balinese languages and it means absence or inactivity of lust. In other words, it means ridding oneself from the shackles of the materialistic life and physical lusts to achieve eternal happiness. For more information on the concept, read: Majmū'at al-Mustalahāt al-Būdhiyyah: 246; Al-Falsafah al-Hindiyyah: 230. It is called the phase of attraction, sublimity, ecstasy, or trance in foreign spiritual programs. See: Al-Tanwīm by Salāh al-Rāshid: 26.
- 16 For more information, check Al-Shifā' bi al-Tāqah al-Hayawiyyah by Ahmad Tawfīq: 29; Al-Tāqah al-Khafiyyah wa al-Hāssah al-Sādisah by Shafīq Radwān: 142; and Al-Wujūh al-Arba'ah li al-Tāqah by Rafāh Wajmān al-Sayyid: 61.
- 17 A Sanskritic word that means Wheel or Vortex.
- 18 Mantra is a specific word repeated calmly to open the Chakra or during meditation. Mostly, it refers to a sacred being in Eastern religions. Easterners believe that the mantra converges energy like a lens, and it is necessary to empower the individual to control tangible and intangible things merely by looking and commanding. See: The (Mantra) chapter in Maryam Nūr's journal Sittat Ayyām fi Bayt al-Salām.
- 19 See: Al-'Āfiyah by Hasan al-Bishil: 86 and Tāqat al-Kawn Bayna Yadayk by Maha Nammūr: 24.

- 20 Taken from the journal of the training program (Sittah Ayyām fi Bayt al-Salām) by Maryam Nūr: 84-85.
- 21 See: Al-Kāmil fi al-Yūgha by Swami Vivekananda: 344. For a better understanding of how such a philosophy is applied and presented under a scientific cover, see: Muqaddimah Bayna al-Tibb al-Nabawi wa al-Macrobiotic by Usāmah Ma'mūn: 117-123 and Al-Shifā' bi al-Tāqah al-Hayawiyyah by Ahmad Tawfīq: 29.
- 22 See: Al-'Āfiyah by Hasan al-Bishil: 86 and Khāriqiyyat al-Insān by Salāh al-Jābirī: 158.
- 23 See: Tāqat al-Kawn Bayna Yadayk by Maha Nammūr: 33.
- 24 See: Muqaddimah Bayna al-Tibb al-Nabawi wa al-Macrobiotic by Usāmah Ma'mūn: 120-123 and Fann al-Istimtā': Kayfa Takūn Sa'īdan wa Nājihan wa Qawyyan by Tawfīq al-Qusayer: 103.
- 25 See: Al-Būdhiyyah by Namsūk: 264; Al-Rīki li al-Mubtadi'in by David Vennels: 30; and Tāqat al-Kawn Bayna Yadayk by Maha Nammūr: 120.
- 26 See: Al-Būdhiyyah by Namsūk: 251 and forward.
- 27 See: Fusūl fi Adyān al-Hind by Al-A'dhami: 125 and Al-Būdhiyyah: 405 and forward.
- 28 See: Khāriqiyyat al-Insān al-Bārāsīkūlūji min al-Manzhūr al-'Ilmi by Salāh al-Jābirī: 12 and forward.
- 29 The writer has a study addressing this movement and its applications. It is published in the magazine of Umm Al-Qura University for Shariah sciences, and it is currently under print by Al-Jamiyyah al-Ilmiyyah al-Saūdiyyah li al-Dirāsāt al-Fikriyyah.
- 30 Dalīl al-Mustakhdim li Fann al-Tanwīm by Dr. Salāh al-Rāshid: 25.
- 31 Shamanism: a group of polytheistic beliefs and rituals centered on the influence of the good souls as well as the evil souls (devils) and the means to deal with them. Its followers are called Shamans and are characterized by supernatural characteristics such as the power to heal and cure the sick, harm or benefit whomever they wish, and control the weather using their mastery over the spirits -according to their belief. Their interests and rituals are concentrated on fortune-telling, magic, and divination. They are well known for their research on the means of age longevity. See: An Encyclopedia of Religion: 707- edited by Vergilius Ferm - Shamanism: Traditional and Contemporary Approaches to the Mastery of Spirits and Healing.

32 The writer had previously presented a brief overview of most of those programs that promote esoteric ideology in a chapter of a study called "the New Age Movement". It is published in Umm Al-Qura University magazine for Islamic sciences.

33 Alternative medicine is a broad term applying to authentic therapeutic and recovery prescriptions such as those established by the texts of the infallible revelation like Qur'an therapy, Shariah-approved Ruqyah, honey, and Zamzam water among others. Other examples include the popular prescriptions of herbs, some kinds of food and drinks, exercises, and massage among others. However, alternative medicine is currently associated with polytheistic prescriptions and various idolatry rituals.

34 Those programs were met with rejection in scientific circles because they lack sound scientific grounds. Nonetheless, their proponents established international associations such as the International NLP Trainers Association and the International Association of Transcendental Meditation. They also established societies such as Al-Ahram Research society and the Saudi Reiki society. These associations and societies serve as reference authorities awarding certificates for trainees and credentials for the trainers. Even further, they established private universities and institutes to award various certificates in such programs such as the Maharishi University and the American Pacific University specialized in disseminating esoteric thought and its applications within a scientific framework in the form of Masters and Ph.D. programs.

35 See: The Tao of the west by J.Jclarke: 31 and New Age Spirituality: An Assessment edited by Duncan S.Ferguson: 150.

36 For physics and natural scientists, it is a philosophy alien to empirical science and its methodology. "Pseudoscience" is the name they call it as well as its applications. For more, see: Bauer, Henry H. (2000 Science or Pseudoscience University of Illinois Press- -Beyerstein BL (1990) Brainscams: Neuro mythologies of the New Age. Int'l. J. of Mental Health,19 (3): 27-36. Scientists consider them a part of astrology. In his book, Foundation of Astronomy, Michael Seeds, a professor of Astronomy at Franklin and Marshall College in Arizona, USA, stated: "Astronomers look inferiorly at astrologers not only because astrology is a pseudoscience but also due to the astrologers' claim to genuine science despite the fact that astrology contradicts the simplest foundations of science."

37 Unfortunately, Arabic and translated books present the philosophy of energy either as a neutral science achieved by the Easterners through their spiritual experiments and long-standing experiences or as the energy known

in physics yet under the name of vibrational energy or electromagnetic energy; an act by which they mislead a great number of people. See: Al-Tanaffus Uslūb li Hayāh Jadīdah by Judith Kravitz: 96; Khāriqiyyat al-Insān al-Bārāsīkūlūji min al-Manzhūr al-Ilmi by Salāh al-Jābiri: 12-63-67; Al-Shifā' bi al-Tāqah al-Hayawiyyah by Ahmad Tawfīq: 3; and Al-Tāqāt al-Tis' by Yūsuf al-Badr: 5.

38 See: Taoism: Growth of a Religion by Isabelle Robinet: 7 and Al-Wujūh al-Arba'ah li al-Tāqah by Rafāh Wajmān al-Sayyid: 11.

39 The name "spiritual energy" gained popularity early with the emergence of spiritual movements in the West. It was the seed for the modern spiritual movement that prevailed the world during the eighteenth century. They lasted for considerable time by virtue of the application of seance. See: Al-Rawhiyyah al-Hadīthah Da'wah Haddāmah by Muhammad Muhammad Husayn.

40 See: Al-Tāqah al-Rawhiyyah by Henri Bergson; Al-Shifā' bi al-Tāqah al-Hayawiyyah by Ahmad Tawfīq: 6; and Al-'Ilāj bi al-Tāqah wa al-Macrobiotic by Ghādah al-Ma'āyrah: 67.

41 The so-called law of attraction has spread alongside those spiritual philosophical programs. Recently, a book titled "The Secret" was published explaining this Eastern philosophical content in a Western fashion that imparted a modern color to the old idea proposed in 1906 by William Atkinson, the editor-in-chief of the New Thought Magazine, in his book called "Thought Vibration or the Law of Attraction in the Thought World". In this book, he emphasized that the secret creed or pantheism is the secret truth he intends to unveil today for the good of humanity. He will train people to practice its applications as a cosmic law in life enabling the human to attract everything one wants such as longevity, health, happiness, wealth, and love among other [desires] without resorting to a divine being outside himself. Sālih al-'Ajiri has published a book recently titled "Khurāfat al-Sirr" where he refuted the claims of the "Secret" book, exposed its esoteric nature, and warned against its applications.

42 See: 'Ilm al-Tāqāt al-Tis' by Yūsuf al-Badr: 11-12 (the footnote).

43 It is worth noting that the heavenly creeds are perceived by philosophers as no more than mental conceptions innovated by the Illuminati and sages without actually having a genuine existence. Throughout the programs and literature of the contemporary spiritual movements, they show their lack of interest in criticizing heavenly religions and creeds. They believe them to be personal mental conceptions. Trainers would even hail the religious outward practices observed by the trainees during the programs. According to the esoteric method of those movements,



the focus is to be redirected solely towards introducing new ideas, concepts, and philosophies to the mind without questioning the old doctrines. Time will ensure that the new concepts are fermented while eroding the old ones gradually. See: Spiritual Concepts Drawing a Different Breed of Adherent, New York Times, September 29, 1986.

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44 Al-Wujūh al-Arba'ah li al-Tāqah by Rafāh Wajmān al-Sayyid: 34; Rīki li al-Mubtadi'īn by David Vennels: 30; and Tāqat al-Kawn Bayna Yadayk by Maha Nammūr: 120.

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45 One of the attempts to give those metaphysical philosophies an empirical scientific quality, universities like the American Pacific were founded in the West to cater for esoteric sciences in the United States of America. They award bachelor and doctorate degrees in the following fields: magic, spirit anatomy, the Mantra, the Tibetan tantra, sand, divination, soothsaying, macrobiotic, NLP, energy, Reiki, Tai Chi, and Feng shui. Check the website of the university: [www.ampac.edu](http://www.ampac.edu).

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46 Chinese medicine is distinctive in natural prescriptions because it pays a considerable attention to herbs and massage among others. However, it is inexplicably tied with the doctrines of Taoism. Granted, the philosophy of energy, the etheric body, and Chakras constitute a significant portion of its applications.

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47 Religious secrets known exclusively to a special group of people who do not reveal them to others is a common principle in idolatry religions and the ideologies influenced by them such as Sufism and the extreme trend of Shi'ism in Islam, Kabbalah in Judaism, and Gnosticism in Christianity. Their ultimate secret is that the human is a divine element imprisoned in a materialistic body and must be freed to ascend to its origin. There are various spiritual experiments that free him from his materialistic body and open up for him the horizon of Kashf (unveiling), wisdom, and power. However, those are secrets inherited by priests of various religions and ideologies. See: Dirāsāt fi al-Adyān al-Wathaniyyah by Ahmad 'Ajībah: 161-185.

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48 To review how the philosophy of energy and its applications are presented under a scientific cover, see: Al-'Aql al-Kawni al-Haqīqah al-Mujarradah by 'Alā' Halabi; to know how they are presented under a scientific and religious cover, see: Mudhakkirāt Dawrāt al-Tāqah wa al-Chi kung by Hasan al-Bishil; Mudhakkirāt Dawrāt al-Rīki by Talāl Khayāt; Mabādi' al-'Ilāj bi al-Tāqah al-Hayawiyyah by 'Abdut-Tawwāb Husayn; Al-Shifā' bi al-Tāqah al-Hayawiyyah by Ahmad Tawfīq; Al-Istishfā' bi al-Tāqah al-Hayawiyyah wa al-Fung Chi and Al-Wujūh al-Arba'ah li al-Tāqah both by Rafāh Wajmān al-Sayyid; 'Ilāj al-Amrād bi al-Ahjār by Zakariyya Hamīmi; and Tāqat al-Kawn Bayna Yadayk by Maha Nammūr.

- 49 See: Taoism: Growth of a Religion by Isabelle Robinet: 7; and Historical Dictionary of New Age Movements by Michael York: 152.
- 50 See: Al-Tanaffus Uslūb li Hayāh Jadīdah by Judith Kravitz, translated and prepared by Nūrah al-Shuhail: 15-22.
- 51 Ibid: 25. Using "Allah" is misleading caused by translating non-Islamic material in an Islamic context.
- 52 Ibid: 39."
- 53 See: Al-Mawsū'ah al-Muyassarah fi al-Adyān wa al-Madhāhib wa al-Ahzāb al-Mu'āsirah: 2/781.
- 54 See: The skeptic's Dictionary by Robert Carroll: 144.
- 55 See: Transcendental Meditation, Relaxation or Religion? by Ronald L. Carlson: 46-47; The Oxford Handbook of New Religious Movements edited by James R. Lewis: 104.
- 56 Maharishi Yogi is a contemporary spiritual Hindu leader. He was born in 1911 and he is one of the most famous spiritual guides in America, where he founded the Maharishi religion. He has millions of followers in America and Europe. He founded an esoteric and secretive spiritual movement to spread Hinduism in a manner that suits the confused Westerners after it was redesigned to suit the Western culture. He founded and promoted the contemporary transcendental meditation across the world through various centers, courses, and a satellite TV channel. Also, he founded a private university at Iowa to graduate the trainers of transcendental meditation. See: Al-Mawsū'ah al-Muyassarah fi al-Adyān wa al-Madhāhib wa al-Ahzāb al-Mu'āsirah: 2/781; Transcendental Meditation, Relaxation or Religion? by Ronald L. Carlson: 11-24; The Oxford Handbook of New Religious Movements: 448. Also, check his official website: [www.maharishitm.org](http://www.maharishitm.org)
- 57 Taken from his published interview on the official website of Al Arabiya Channel.
- 58 See: Al-Hikmah al-Hindūsiyyah: 135; Al-Kāmil fi al-Yūgha: 378.
- 59 See: Al-Adyān al-Hayyah by Adīb Sa'b: 32; Al-Wujūh al-Arba'ah li al-Tāqah by Rafāh Wajmān al-Sayyid: 31; Hinduism by Louis Renou: 24.
- 60 See: Science of Being and Art of Living: by Maharishi Mahesh Yogi: xviii - xviv; The Oxford Handbook of New Religious Movements edited by James R. Lewis: 453.
- 61 See: Rīki li al-Mubtadi'īn by David Vennels: 20 and Essential Reiki by Diane Stein: 16.

- 62 See: Tāqat al-Kawn Bayna Yadayk: 123; Al-Rīki li al-Mubtadi'īn by David Vennels: 20; and Al-Istishfā' bi al-Tāqah al-Hayawiyyah by Rafāh Wajmān al-Sayyid: 13-28.
- 63 See: Tāqat al-Kawn Bayna Yadayk by Maha Nammūr: 149.
- 64 See: Mudhakkirat al-Mustawa al-Awwal Rīki di Jo by Talāl Khayāt.
- 65 See: Al-Rīki li al-Mubtadi'īn by David Vennels: 131.
- 66 See: Al-Rīki li al-Mubtadi'īn by David Vennels: 30-35; Tāqat al-Kawn Bayna Yadayk: 120; and Reiki Fire by Frank Petter: 19.
- 67 See: Al-Rīki li al-Mubtadi'īn by David Vennels: 39 and The skeptic's Dictionary by Robert Carroll: 144.
- 68 See: Tāqat al-Kawn Bayna Yadayk by Maha Nammūr: 142.
- 69 See: Essential Reiki by Diane Stein: 70.
- 70 See: Al-Istishfā' bi al-Tāqah al-Hayawiyyah by Rafāh Wajmān al-Sayyid: 13-27-28.
- 71 See: Al-Rīki li al-Mubtadi'īn by David Vennels: 31 and Tāqat al-Kawn Bayna Yadayk: 130.
- 72 See: Al-'Ilāj bi al-Tāqah wa al-Macrobiotic by Ghādah al-Ma'āytah al-Dalābīh: 26.
- 73 See: Al-'Āfiyah by Hasan al-Bishil: 163.
- 74 Check the following websites of the Arab and Muslim Reiki trainers: [www.mahahashem.com](http://www.mahahashem.com); [www.saudireiki.net](http://www.saudireiki.net); [www.synergie-mahanammour.com](http://www.synergie-mahanammour.com)
- 75 See: Al-Macrobiotic li al-Mubtadi'īn by Jon Sandifer: 5 and Al-'Ilāj bi al-Tāqah wa al-Macrobiotic by Ghādah al-Ma'āytah: 27.
- 76 Al-Macrobiotic li al-Mubtadi'īn by Jon Sandifer: 5. Libraries' bookshelves are now full of Arabic books addressing the applications of macrobiotics in all aspects of life. Those books are either translated works of the West and the East or authored by macrobiotic enthusiasts among the Muslims who attempt a reconciliation between it and the facts of science and religious texts.
- 77 Taken from the journal of the training program (Sittat Ayām fi Bayt al-Salām) by Maryam Nūr: 8.
- 78 See: Al-Macrobiotic li al-Mubtadi'īn by Jon Sandifer: 27-32 and Al-Macrobiotic by Khālid al-Turki: 35.
- 79 See: Da'wah ila al-Sihhah wa al-Sa'ādah by George Ohsawa: 14.

- 80 See: Al-Muqaddimah by Ibn Khaldūn: 465.
- 81 Miso is a blend made of fermented soybeans with sea salt and different types of seeds. It is left for a considerable amount of time to ferment before being consumed. Adopters of macrobiotic believe that Miso has protective features that go beyond personal health to protecting houses against catastrophes and natural disasters. See: Al-Macrobiotic by Khālid al-Turki: 72.
- 82 See: Muqaddimah Bayna al-Tibb al-Nabawi wa al-Macrobiotic by Usāmah Siddīq: 27-30 and Al-Macrobiotic by Khālid al-Turki: 28. It is worth noting that both of these authors are Muslims attempting to present those concepts and applications in a manner compatible with the Islamic culture.
- 83 See: Historical Dictionary of New Age Movements by Michael York:139.
- 84 See: Al-Macrobiotic li al-Mubtadi'īn by Jon Sandifer: 1.
- 85 See: Al-Macrobiotic li al-Mubtadi'īn by Jon Sandifer: 57; Da'wah ila al-Sihhah wa al-Sa'ādah by George Ohsawa: 29-30; and Dalīl al-Macrobiotic ila al-Hayāh al-Sa'īdah by George Oshawa: 110.
- 86 Al-Hikmah al-Hindūsiyyah: 142; A'midat al-Yūgha al-Thamāniyah by Ghattās al-Hakīm: 4; An Introduction to Complementary Medicine by Simon Borg-Olivier and Bianca Machliss: 276; and Practicing Yoga by Geddes & Grosset: 12.
- 87 See: Al-Hikmah al-Hindūsiyyah: 146 and Al-Yūgha Saytarah 'ala al-Nafs by Tondrio Riaal: 11.
- 88 See: Al-Yūga wa al-Tanaffus by Muhammad 'Abdul-Fattāh 'Alīm: 19.
- 89 See: Falsafat Rāja Yūga by Rama Sharaka: 46 and The Skeptics Dictionary by Robert Carroll: 198.
- 90 See: Al-Kāmil fi al-Yūga by Swami Vivekananda: 335.
- 91 See: Al-Hikmah al-Hindūsiyyah: 147; A'midat al-Yūgha al-Thamāniyah: 123; and Al-Yūga Saytarah 'ala al-Nafs: 66 and forward.
- 92 See: Al-Yūgha wa al-Tanaffus by Muhammad Fahī m: 150 and Al-Yūgha fi Mīzān al-Naqd al-'Ilmi by Fāris 'Alwān: 16.
- 93 See: Al-Kāmil fi al-Yūgha: 258.
- 94 See: Al-Yūgha Saytarah 'ala al-Nafs by J. Tondrio and B. Riaal: 14.

- 95 See: Tai Chi Classics - translated with commentary by Waysun Liao: 5.
- 96 See: The Dao of Taijiquan by Jou Tsun Hua: 20.
- 97 See: The Complete Book of Tai Chi Chuan by Wong Kiew Kit: 8.
- 98 See: Handbook of Chinese Popular Culture by J.A English-Luek: 140; The Complete Book of Tai Chi Chuan by Wong Kiew Kit: 3, 19, 28 ; and The Dao of Taijiquan by Jou Tsung Hua: 56 - 60.
- 99 See: Kitāb al-Tibb al-Sīni translated by Muhammad Shihāb: 144 and Handbook of Chinese Popular Culture by J.A English-Leuk: 140.
- 100 See: The Dao of Taijiquan by Jou Tsung Hua: 110,127.
- 101 See: The Complete Book of Tai Chi Chuan by Wong Kiew Kit: 13 - 17.
- 102 See: The Dao of Taijiquan by Jou Tsung Hua: 128.
- 103 See: Understanding Reality: A Taoist Alchemical Text by Chang Po-Tuan: 14 and Philosophers and Religious Leaders - edited by Christian D. Von Dehson: 113.
- 104 See: Kitāb al-Tibb al-Sīni translated by Muhammad Shihāb: 142; The Complete Book of Tai Chi Chuan by Wong Kiew Kit: 4, 32, 39); Tai Chi classics by Waysun Liao: 17-18; and The Columbia Encyclopedia 6th: 30462.
- 105 See: Handbook of Chinese Popular Culture by J.A English-Luek: 139 and The Dao of Taijiquan by Jou Tsung Hua: 20.
- 106 See: The Complete Book of Tai Chi Chuan by Wong Kiew Kit: 7.
- 107 See: Kitāb al-Tibb al-Sīni translated by Muhammad Shihāb: 137.
- 108 See: Ta'allum al-Tshīkūngh by Jay Swanson: 6 and A Complete Guide to Chi-Gung by Daniel Reid: 33 - 55.
- 109 See: Handbook of Chinese Popular Culture by J.A English-Luek: 145.
- 110 Ta'allum al-Tshīkūngh: 7-8.
- 111 See: Ta'allum al-Tshīkūngh: 81-85.
- 112 See: A Complete Guide to Chi-Gung by Daniel Reid: 1-51 and The New Age: The History of a Movement, Drury, Nevill.

- 113 See: Ta'allum al-Tshīkūngh: 5,11; Kitāb al-Tibb al-Sīni translated by Muhammad Shihāb: 137; and Handbook of Chinese Popular Culture by J.A English-Leuk: 142.
- 114 See: Handbook of Chinese Popular Culture by J.A English-Luek: 146.
- 115 See: An Introduction to Qigong by Ray Pawlett: 11.
- 116 See: Historical Dictionary of New Age Movements by Michael York: 141 and check the following official websites of the Arab trainers: [www.alrashed.net](http://www.alrashed.net); [www.bishil.com](http://www.bishil.com)
- 117 Al-Istishfā' bi al-Tāqah al-Hayawiyyah, Al-Rīki wa al-Fūngh Shūy by Rafāh Wajmān al-Sayyid: 93 and forward.
- 118 See: Fing Shūy, Dalīl al-Tāqah al-Ijābiyyah (Al-Bayt) by Rānyah Mashlab: 9.
- 119 In this manner, many idolatry and polytheistic applications are promoted under the disguise of this philosophy's applications. See: Al-Dalīl ila al-Tibb al-Badīl Magazine, August 2003: 69.
- 120 Al-Wujūh al-Arba'ah li al-Tāqah by Rafāh Wajmān al-Sayyid: 61 and forward and Historical Dictionary of New Age Movements by Michael York: 72.
- 121 This was innovated by the so-called Ibrāhim Karīm, who claimed the discovery of a relative positive energy of the alphabets in accordance with the curricula of ancient and modern esoteric philosophy.
- 122 See: Treatise called Fann Sinā'it al-Hayāh al-Tibbiyyah by Salāh al-Rāshid: 5-63. It is printed as a supplement to Fawāsil Magazine, issue 104, dated 1/9/2003; Tshi Al-Tāqah Quwwat al-Hayāh by Nāsir al-'Abīd: 12.
- 123 Those products are promoted by the various energy courses and the official websites of trainers.
- 124 See: Al-Dalīl ila al-Tibb al-Badīl Magazine, August 2003 issue: 69: Placing the Peony flower in the house boosts chances of marriage for single women.
- 125 See: Secret Science of Work: The Huna as a way of Life by Max Long, Devorss, co1953 and Huna: A Beginners Guide by Max Long, Schiffer Publishing,1977.
- 126 See: Al-Kāmil fi al-Yūgha by Swami Vivekananda: 269 and Al-Yūgha wa al-Tanaffus by Muhammad 'Abdul-Fattāh Fahīm: 62-63.
- 127 See: Al-Kāmil fi al-Yūgha by Swami Vivekananda: 258.

- 128 Ibid: 297 and Al-Yūgha wa al-Tanaffus by Muhammad 'Abdul-Fattāh Fahīm: 63.
- 129 See: the official website of the trainer Maha Hāshim.
- 130 See: Al-Sihhah wa al-'Ilāj bi al-Lawn by Mary Anderson: 49; Al-'Ilāj bi al-Tāqah wa al-Macrobiotic by Ghādah al-Ma'āytah al-Dalābīh: 110; and Ayurveda for Health and Well-being by Sally Morningstar: 29, 39, 47.
- 131 See: Hands of Light by Barbara Brennan: 237- 241 and Spiritual Healing by Martin Daulby & Caroline Mathison: 143.
- 132 See: Al-Shifā' bi al-Ahjār al-Karīmah by Adwā' Hādi: 8-237.
- 133 See: Al-Shifā' bi al-Ahjār al-Karīmah by Adwā' Hādi: 65.
- 134 See: Al-'Ilāj wa al-Shifā' bi al-Ahjār al-Karīmah by Hassān Ja'far: 14-433 and Spiritual Healing by Martin Daulby & Caroline Mathison: 144.
- 135 See: 'Ilāj al-Amrād bi al-Ahjār al-Karīmah by Zakariyya Hamīmi: 81-82 and Perspectives on the New Age edited by James R. Lewis & J. Gordon Melton: 80.
- 136 See: 'Ilāj al-Amrād bi al-Ahjār al-Karīmah by Zakariyya Hamīmi: 85; Al-Shifā' bi al-Ahjār al-Karīmah by Adwā' Hādi: 95-102; Al-'Ilāj wa al-Shifā' bi al-Ahjār al-Karīmah by Hassān Ja'far: 423-437; Perspectives on the New Age edited by James R. Lewis & J. Gordon Melto: 80; and Ayurveda for Health and Well-being by Sally Morningstar: 30-31, 40, 48.
- 137 See: 'Ilāj al-Amrād bi al-Ahjār al-Karīmah by Zakariyya Hamīmi: 23.
- 138 See: Al-'Ilāj wa al-Shifā' bi al-Ahjār al-Karīmah by Hassān Ja'far: 13 and Healing with Crystals & Gemstones by Daya Sarai Chocron: 37.
- 139 See: Al-'Ilāj wa al-Shifā' bi al-Ahjār al-Karīmah by Hassān Ja'far: 17 and Light Emerging by Barbara Brennan: 111.
- 140 See: Al-'Ilāj wa al-Shifā' bi al-Ahjār al-Karīmah by Hassān Ja'far: 13, 16. This proves that most of those applications rely on suggestive messages, i.e. the Placebo Effect, which applies to all the various therapies of the New Age Movement derived from Eastern philosophy.
- 141 See: Al-'Ilāj wa al-Shifā' bi al-Ahjār al-Karīmah by Hassān Ja'far: 13 and Healing with Crystals & Gemstones by Daya Sarai Chocron: 37.
- 142 See: 'Ilāj al-Amrād bi al-Ahjār al-Karīmah by Dr. Zakariyya Hamīmi: 81-82 and Perspectives on the New Age edited

by James R. Lewis & J. Gordon Melton: 80.

- 143 See: the official website of Shams al-Nīl (the Egyptian Association for researching the Pyramids and Health Information): [www.shamselnel.com/ar/pyramidology.html](http://www.shamselnel.com/ar/pyramidology.html)
- 144 See
- 145 See: Al-Quwwah al-Nafsiyyah li al-Ahrām by Bill Schul - translated by Amīn Salāmah; the official website of Shams al-Nīl (the Egyptian Association for researching the Pyramids and Health Information) and the official website of therapy by vital energy: [www.aah3.com/vital-energy-therapy.htm](http://www.aah3.com/vital-energy-therapy.htm)
- 146 See: Al-Muqaddimah by Ibn Khaldūn: 114 and Ma'ārij al-Qabūl by Al-Hakami: 1/426. After examining the program, it turned out that it is yet another face of Jafr, better known as the science of the letters by which the unknown cosmic events are learned. See: Al-Jafr al-Jāmi' wa al-Nūr al-Lāmi': 4.
- 147 See: New Age encyclopedia by Belinda Whitworth: 116 and New age encyclopedia by J. Gordon Melton, Jerome Clark, Aidan A. Kelly: 194.
- 148 Its recognition as a science has been rejected in scholarly circles around the world. Consider the following researches and reports: Driver, Russel H.; M. Ronald Buckley and Dwight D. Frink (April 1996). "Should We Write Off ---Graphology?". International Journal of Selection and Assessment 4 (2): 78-86. Furnham, Adrian; Barrie Gunter (1987). "Graphology and Personality: Another Failure to -Validate Graphological Analysis." Personality and Individual Differences 8: 433-435.
- 149 For more information on NLP, consider the following book: Al-Barmajah Al-Lughawiyah Al-'Asabiyyah: Haqīqatuha wa Madāmīnuha written by the author. It is published on the online library of the following website: the foreign creedal thought and how to deal with it. Consider also the following references: New Age encyclopedia by Belinda Whitworth: 160; Historical Dictionary of New Age Movements by Michael York: 13; and Christian Responses to the New Age Movement by John A. Saliba: 12.
- 150 Psychologists have refuted a significant portion of NLP trainers' claims that NLP theories are scientifically proven. Consider the report written by the chairman of Clinical Psychology Department at Sheffield University, UK: Hypnosis by Michael Heap: 268-280.
- 151 In the Islamic world, NLP programs have been adopted by many Muslim preachers out of desire to contribute to the reformation of this nation, develop the personalities of Muslims, offer solutions to mentally disordered individuals,



and show people paths to distinction and success. After learning about the truth of the program, they attempted to purify its various levels from the theories and exercises alien to the principles of Islam. Unfortunately, their attempts have culminated in presenting a double-edged sword. Even worse, their attempts opened the door for a greater evil represented in the infiltration of other programs associated superficially with NLP as far as self-development is concerned but differ in their greater deviation and misguidance.

152 See: Al-Tanwīm by Salāh al-Rāshid: 42. In the 26th issue of the Happiness Club supervised by Salāh al-Rāshid and dated August 1st, 2003, under the title: 'Ala Abwāb al-Malhamah, Salāh al-Rāshid explains therein how it is possible to impact a change in the major events of the future via the time line such as the emergence of Gog and Magog and the great battles. It is possible through meditation sessions enabling us to locate the time line and change the course of events to secure a safer and more peaceful future.

153 The philosophy of Time Line therapy relies on the reincarnation doctrine and Karma. It explains the sickness, bad luck, or misery of the patient as something related to his previous life though he cannot remember it in his normal condition. Only through traveling to the past via the time line does it unravel before him, as confirmed by the program inventor Tad James in his book: Time Line Therapy and the Basis of Personality by Tad James & Wyatt Woodsmall, Meta Publications, 1988.

154 Some Muslims have, unfortunately, chose Time Line therapy as a profession out of ignorance of its truth and believed it is a group of therapeutic mental skills. However, very minimal knowledge about the past and the future is acquired when trained at the hands of amateurs whereas Tad James's protégés emphasized that he used the time line to bring them back to their past and sometimes their previous life, based on the doctrine of reincarnation despite the fact that they are Muslims and they do not believe in such a doctrine theoretically. They maintained that they connect with the cosmos via their time line to discover the causes of their happiness and misery to treat them. It is no wonder, however, that the jinn aid their followers from amongst the disbelievers and magicians even greater

155 See: Al-Mashy 'ala al-Jamr: Asluh, Haqīqatuh wa Hukmuh 'ala Daw' al-Sharī'ah al-Islāmiyyah by Hayfā' al-Rashīd: 5-7

156 In setting up this bed of hot ember, the trainers use a shining material that conserves moderate heat without being torn apart. Usually, they would place it on a bed of cold grass and ask the trainees to walk quickly as if they are breaking through fire. For this reason, most people

can walk above it without burning except those who walk slowly as they sustain minor burning. Check out the official website of Firewalking: [www.firewalking.com](http://www.firewalking.com)

157 See: <http://www.eftinfo.com>; <http://www.efttoday.com>



*I ask Allah to Guide us to The Truth and  
Make us Guides for Others; and all praise is  
due to Allah, the Lord of the Worlds.*

